

THE
POSIE OF
GODLY PRAY-
ERS, FIT FOR
euery Christian to vse,

Contayning onely Prayers of
Repentance, remission of Sinnes, and
Thanksgiuing, with an excellent ex-
hortation to forsake the World: and
a perswasion not to feare Death.

Made and collected by *Nicho-*
las Themylthorpe Esquire,
one of the Queenes Maie-
sties Gentlemen Sewers.

Now newly amended and enlarged by
the same Author, and the twentie
and seuench time imprinted.

Vigilate & Orate.

Printed at London by *Mary*
Dawson for *A.V.* and are to be sold
by *Richard Thrale*, at *Pauls gate* at
the signe of the *Crosse-keyes.*

The
Book of gath.
praises fit for
every Christian
to use

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book.

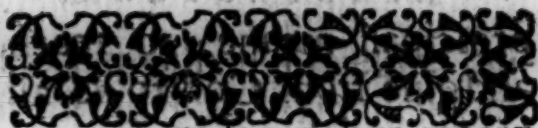
Made and corrected
by Thomas
one of the
this Christian's covenants.



Now newly amended and enlarged by
the same Author, and the twelfth
and seventh time improved.

Printed by G. B.

Printed at London by A. B.
Darius for A. B. and are to be sold
by Richd. Atwood, at Pauls gate at
the signe of the Cross-stone.



TO
THE MOST
HIGH AND MIGHTY,

Princessse ANNE, Queene
of England, Scotland,
France, and Ire-
land.



Nowing that
 zealous prayer
 and Supplica-
 tion to God,
 is the soules ef-
 fectuell conference with God,
 most prevalent for the re-
 mission of sinnes, and the

A 3 principall

THE EPISTLE

principall means, to reach
and giue from God to vs all
graces and benefits, for our
soules and bodies in this life
temporall, and in the World
eternall: and because I finde
no Prayer-Booke composed
onely of Prayer and thankes-
giuing, therefore to auoide
the trouble of reading many,
the cumber of keeping ma-
ny, and most of all the bur-
then of bearing many, I haue
collected the best prayers for
Repentance, Remission of
sinnes, and Thankesgiuing,
and added new of mine owne,
which in most zealous hum-
bleness and dutifull obedi-
ence, I present vnto your
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D E D I C A T O R I E.

most excellent Maiestie, beseeching your Highnesse to accept this, as the great Monarch ARTAXERXES did the poore Womans handfull of water, wherein I shall account my selfe most happie, and ever remaine as I am ;

Your most faithfull

and obedient servant;

N I C H O L A S
T H E M Y L T H O R T.



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Pray
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And
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To the Reader.



AS I haue (Gentle Reader) spent my former time in worldly matters, so am I desirous to spend these latter dayes in godly and Christian exercises: And being moued to begin with Prayers, as the most principall exercise, and great meanes of mans salvation. I read over diuers Prayer Bookes, but I found none onely of Prayer and thankesgiuing, but many other matters in them. And for that my selfe, and some of my friends are desirous to haue one onely Booke to beare about vs:

TO THE READER.

I haue therefore set out such as serue to that purpose.

The Children of God haue ever from the beginning used Prayer for the supply of their corporall; and spirituall necessities, and haue ever graciously obtained their petitions, as well for themselves as others. Hagar by prayer had drinke for her sonne; Anna by prayer obtained a son, Isaac a wife, Iacob defence. Moses, David, Iehosaphat, Bezekias, Macabeus, and diuers others attained victories: The Ninivites deliverance from destruction: At the prayer of Ioshua the Sunne stood still: so stayd the Sun three houres in the dayes of Henry the fift, till the Earle of Ormonde in Ireland with his small company enercame Omore, Ashur, & others with their terrible armies. At the prayer of Alexander the Caspian Mountaines closed, and inclosed.

TO THE READER.

closed the Iewes : and the Sea Pamphilicon divided it selfe to him and his Armie, at their passage against Darius. Clenches first Emperour of the Tartars, conquered all the Kingdomes to mount Belian, and then a Knight on a white horse came to him and bad him Conquer beyond that mountaine : Clenches said, he could passe no further for the Sea, then the Knight bad him pray to God almighty, and hee would shew him a way : So Clenches prayed on the Mountaine, and as hee was in his prayers, hee saw the Sea divide it selfe, where hee and his Armie passed through on dry ground, then he conquered Catha, and all the bordering Countries. At the prayer of the Christians, and a poore Cobler, a Mountaine in Mosul removed from one place to another, whereby the Christians avoyded the cruel sentence of the unbelieving.

TO THE READER.

ving Calipho : By Prayer iron
hath swome, the dead haue risen, and
all other wonders effected, and of all
Gods gracious gifts, it is one of the
chiefest. Also God commaunds vs to
call vpon him, as when he saith, aske
and you shall haue, Watch and pray,
pray continually : the Lord is nigh to
them that call vpon him ; yea, vnto
all such as call vpon him faithfully.
Pray earnestly to God, for forgie-
nesse of sinnes, With full purpose of
amendment.

There are foure sorts of men to
pray, some pray for others and not for
themselues, these are too proud and
carelesse : Some pray for themselues
and not for others, these are too vn-
charitable : Some neither pray for
themselues nor for others, these are
too bad and vnchristian : Some pray
for others, and themselues, these are
the best and godliest.

TO THE READER.

In prayer obserue these five things:
first, that you direct your minde to
God; next, that we are commanded
to pray; thirdly, the promise that he
will heare vs when we pray, then that
we must pray in faith: lastly, to be-
leeue to obtaine the thing wee pray
for: let vs alwayes pray, not with lip-
labour, but with heartie affection, in
spirit, faith, and irath, first giue
thanks, then pray for remission of
sinnes, faith, and all spirituall things:
lastly for corporall blessings, and
things belonging to it. Pray for things
eternall, spirituall, corporall, things
present, and to come, for thy soule
and body, and to bee crow-
ned with everlasting
Glorie.



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THE POSIE OF
Godly Prayers.

At thy vprising say;



Rise, and enter in-
to this day, to
glorifie my God
and walke in my
Vocation, in the
Name of the Fa-
ther, Sonne, and Holy Ghost,
Amen.

Then pray thus.

A Prayer for the Morning



O Gracious Lord, and most
mercifull Father, which hast
from the beginning of my age
hitherto deliuered me from all
perilles and daungers, both of
soule.

soule and bodie, for which I most heartily thanke thee, and yet because I feele in my selfe so many faults and imperfections, such readinesse to evill, and slacknesse to doe good, I quake and tremble for feare of thy wrath and sharpe Iudgment: but for that I know thou commandest me by Prayer to craue of thee all things necessary for soule and bodie, and hast promised graciously to heare my lamentable suite, and mercifully to grant mee my needfull requests and petitions and I know thou canst and wilt performe them, therefore for Iesus Christ his sake and in his blessed and holy name, and for thy mercie and truths sake, I humbly beseech thy Fatherly goodnesse, to grant mee all things for this bodie and transitory life, as shall bee most agreeable.

greeable to thy godly will and pleasure: and I humbly beseech thee, that I may alwayes pray in charitie, vsethy gracious gifts and benefites in charitie, and leade my whole life and conversation in charitie, that I may daily thorow the assistance of thy holy spirit, mortifie all my carnall lusts and filthy affections: prosper me and mine in all our honest affaires. increase thy good gifts in mee and confirme and stablish mee in thy grace that I may goe forward in all goodnes, and with an humble and contrite heart, and with a sorowfull and repentant spirit, I sue vnto thee, most mercifull Father beseeching thee for mercy and forgiuenesse of all my offences, which in this night past or at any time heretofore, I haue committed against thy good will and

and pleasure by trespassing against thy godly Majestie, in thought, consent, word, or deed: and I most heartily thanke thee, that thou hast preserved me this night past and all the dayes of my life hitherto, from all death, danger, and other mischief, and I beseech thee blessed father that thou wilt vouchsafe this day, and ever hereafter to have a mercifull eye vnto me, support and sustaine me beare me vp, and saue me, that I fall not into danger, nor breake thy Commandements, giue me grace to walke warily among the snares of my mortall enemies, the Devill, the World, and the flesh, and in all things to bee prudent, and diligent to consider before what I shal speake or doe, that my whole thoughts, words, and workes may bee to thy honour,

godly Prayers.

nour, laud, and glory, to the edifying of my soule in vertue, and to the profit of my brethren, through the gracious mediation of Iesus Christ my Lord and onely Saviour, Amen.

Another Prayer for the Morning.

O Mercifull Lord God, I render most high laud, prayse, and thanks vnto thee, for that thou hast preserved and kept mee both this night, and all the dayes and times of my life hitherto, vnder thy most mightie protection, and hast suffered mee to liue vntill this present houre, I most humbly beseech thee that thou wilt touch safe to receiue me this day, and the residue of my whole life to thy tuition, ruling, and governing,

verning me with thy holy Spirit,
 that all manner of darkenes, mis-
 believe, infidelitie, carnall lustes,
 and affections may bee utterly
 chased, & driven out of my heart,
 and grant mee aright and perfect
 faith, that I may be justified and
 saved both soule and bodie, and
 let mee walke in the light of thy
 most godly truth, to thy glorie
 and praise, to my comfort, and
 my neighbours furtherance, thro-
 row Iesus Christ my Lord and
 Saviour. Amen.

A Prayer for the Morning!

O Eternall God, and heaven-
 ly father, seeing that by thy
 great mercie, I have quietly pas-
 sed this night, grant I beseech
 thee, that I may bestow this day
 and the residue of my life whole

ly in thy service, so that all my thoughts, words, and workes may redeound to the glory of thy holy name, and good example of my brethren : as it hath pleased thee, to make the Sunne to shine vpon the earth to giue vs bodily light so vouchsafe to illuminate my vnderstanding, with the brightnesse of thy holy spirit, to direct me in the way of righteousness, so that whatsoever I shall doe, my speciall care and purpose may be to walke in thy feare, and to serue and honor thee, and that I may take nothing in hand, which shall not be agreeable to thy most blessed will and that I may in such sort trauell for my body, and this present life, that I may euer haue a regard to the heavenly life, which thou hast promised to thy Children

dren: and that it may please thee
to preserve and defend mee both
in body and soule, to strengthen
me against all temptations of the
Devill, to keepe me from all sin,
and deliver mee from all perills,
and dangers whatsoever. And
furthermore, I beseech thee to
receiue mee this day, and the re-
sidue of my whole life, into thy
holy protection, continuing and
increasing in me daily thy grace
and good gifts, and (vouchsafe
most mercifull Father) to forget
and forgive all my finnes, which
I haue hitherto at any time
committed against thee, and for
thy infinite mercies sake pardon
and forgive the same, for which
and for all things els, which I any
way stand in neede of, I make my
humble Petition vnto thee, in
the name of thy Sonne my Lord
and

and Saviour Iesus Christ, in such
sort as he hath taught me saying,
Our Father which art, &c.

Another Prayer for the Morning.

Almightie and most graci-
ous God, I heartily thanke
thee, for the sweete sleepe and
comfortable rest, which thou
hast given me this night past, and
for that thou hast commanded
by thy holy word, that no man
should bee idle, but alwayes oc-
cupied in godly and vertuous ex-
ercises, every man according to
his calling, I most humbly be-
seech thee, that thine eyes may
attend vpon mee, daily defend
mee, cherish, comfort, and go-
verne mee, and all my counsels,
studies, and labours, in such wise,
that I may spend, and bestow
this

TO

The Pofie of

this day and the residue of my
whole life, according to thy most
blessed will and pleasure, setting
thee alwayes before mine eyes
living in thy feare, and working
that, that may be found accepta-
ble in thy sight hating wrong and
loving justice. Also I beseech
thee most merciful God to streng-
then and keepe me in the faith of
thy Catholique Church, and kin-
dle in me the love, and light of
thy holy Spirit, that I may walke
godly and vertuously in this life,
die in the truth of thy word, and
live with thee in everlasting
glorie, grant this most mer-
cifull God, for thy deare
Sonne Iesus Christ
his sake, A-
men.

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Another Prayer for the
Morning.

I Humbly and heartily thanke
thee O heavenly father, through
thy dearly beloved Sonne Iesus
Christ, that to thy innumerable
benefits hitherto powred vpon
my soule and bodie, thou hast
kept mee this night past, and all
the dayes and times of my life
hitherto, from all evils, spiritu-
tuall and corporall: wherefore I
beseech thee to be mercifull vnto
mee; to giue mee grace to repent
and amend my sinfull life, that
I may liue henceforth not as I
will, but as thou wilt: and as of
thy goodnesse thou hast given me
time to repent and liue godly, so
of the same thy goodnesse in
Christ Iesus, I humbly beseech
thee to giue me thy gracious gift
of

of true, holy, perfect, & perpetuall
repentance, that I may more and
more lament my former sinfull
life, trusting faithfully in thy rich
mercies, through the merits of
Iesus Christ: for the pardon of all
my sinnes, and that I may vn-
fainedly purpose, and effectually
labour to amend my life, and that
all my thoughts, words, & deeds,
may be to the prayse of thy holy
name, and good example of o-
thers. And for as much as thou
knowest my ignorance, wicked-
nesse, & vnablenesse to carry any
crosse or affliction, I beseech thee
swæete Father, so governe and or-
der all things towards me, that I
bee never further afflicted, proo-
ved, or tempted, then thou wilt
make me able to beare, and so
assist and helpe me in the same,
as may bee to thy glory, and my
salvation

saluation, through Iesus Christ
my Lord and Sauour, Amen.

*A Prayer for the Morning, by a
Sinner, acknowledging his sins,
and asking forgiveness
for the same.*

A Lmighty, mercifull, & most
louing Father, whose loue
is infinite, whose mercy endureth
for euer, I sinfull creature, trust-
ing in thy vnspeakeable good-
nesse, and loue toward mee, doe
appeare this morning before
thy diuine Majestie, most hum-
bly confessing my great, and
manifold sinnes and offences,
that I haue committed against
thee, and the innumerable trans-
gressions of thy most godly
Commandement and Fatherly
will: Against thee O Father, a-
gainst

gainst thee onely haue I sinned :
I acknowledge my offences, I
accuse my selfe, O Lord I can-
not hide my vnrighteousnesse
from thee, I finde in my selfe no-
thing but disobedience, doubt-
fulnesse of thy goodnesse, incre-
dulitie, hatred of spirituall things,
confidence in my selfe, and fer-
uent lusting after carnall things,
therefore I humbly beseech thy
fatherly goodnesse, for thy Son
Christ his sake (whom thou hast
sent for a purchaser of mercie for
mee, through faith in his blood)
take away my hard heart, make
mee a cleane heart, and giue mee
a true and liuely faith : haue mer-
cie vpon mee O Lord my Savi-
our, forgiue mee my sinnes, O
Lord forgiue mee my sinnes for
thy Sonnes sake. O God and
mercifull Lord, certifie my con-
science

science of the remission and forgiveness of my finnes by thy holy spirit, by whose operation mortifie in me the old man, and body of sinne, that I may die vnto sin, and walke in newnesse of life, to the glory of thy holy name, through Iesus Christ my Lord and Saviour, Amen.

A Prayer for the Evening.

I Thanke thee O heavenly Father by thy dearly beloved Son Iesus Christ my Lord and Saviour, that of thy free mercies thou hast preserved me this day, from all hurts and dangers: vouchsafe also I most humbly beseech thee to keepe me this night, and ever hereafter, to saue me from all my enemies, both bodily and ghostly: giue my bodie quietnesse and

B. 3

sleepe,

leepe, but let my mind and soule
continually watch vnto thee, think
on thee, and thy holy law, that
when the cheerefull light of the
day shall appeare, I being whole
in bodie and soule, may ioyfully
rise againe, be thankfull vnto
thee, and diligently walke in my
vocation, to my comfort, and the
glory of thy blessed name, through
Iesus Christ my Lord and Savi-
our, Amen.

A Prayer for the Euening.

O Most gracious Lord, and
mercifull Father, I thy most
vaworthie child, and sinfull crea-
ture, with humble heart pro-
strate, my selfe before thy diuine
Majesty, most humbly beseeching
thee of mercy, and forgiuenesse
of my sinnes, and iniquitie that

I haue this day or at any time
 since I was borne, committed a-
 gainst thee, I am heartily sorrie
 that I haue many wayes trans-
 gressed against thee and doe aske
 mercie and forgiveness for the
 same. And with my whole heart
 I heartily thanke thee, that of
 thy great goodnesse, mercie, and
 grace, thou hast hitherto most
 safely preserved me. And I be-
 seech thee most mercifull Father
 be no more angry with me, nor
 forsake me, but continually assist
 comfort, and strengthen me a-
 gainst all the assaults of the devill,
 and be my succour and defence
 this night and vnto my liues end,
 that I never offend thy diuine
 Majestie, or commit any sinnes
 or iniquitie, and vouchsafe of thy
 abundant bountifulnesse, to re-
 fresh my weake bodie with con-

uenient reſt, thrt I may to mor-
row with all diligence, the more
readily ſerue thee in that eſtate
wherein thou haſt ſet me, that all
my actions may ſo pleaſe thee,
and by thy aſſiſtance bee gover-
ned, that after this waine and tran-
ſitorie life, I may attaine the life e-
uerlaſting, through Ieſus Chriſt
our Lord and Saviour, Amen.

*A Prayer for the Evening, ſaid
for ſorgineneſſe of ſinnes.*

I Yelde thee moſt humble and
heartie thanks (O heavenly
Father) for all thy graces, and be-
neſites that I haue at all times
heretofore received at thy boun-
tifull hands, from the beginning
of my life vnto this preſent
houre, and for the great benefite
of my election before the foun-
dation

dation of the world, for my creation, redemption, justification, and sanctification in Christ Iesus, for sparing me so long, and giving me so large a time of repentance delivering me from all perils bodily and ghostly, for drawing me out of darkenesse, and bringing mee to the light of thy word, for defending mee from all dangers past, and protecting mee vntill this present houre, and I most humbly beseech thee of thy goodness O Lord, that it may please thee to take care and charge of me this night, and all the dayes and times of my life hereafter, not to suffer me to sleepe and slumber in sinne, and vngodlines, but that I may be alwayes watchfull and carefull for the comming of my Lord & Saviour Iesus Christ that whensoever he shall come,

he may find me prepared to receive him, and that I may heare and inioy that comfortable sentence, come you blessed of my father, inherit the Kingdome prepared for you: to the which, Lord Iesus Christ, I beseech thee to bring mee, who hast so dearly bought me, : To whom with the Father, and the holy Ghost be all honour, power, prayse glory, and dominion, both now and for euermore, Amen.

Another Prayer for the Evening.

Most mercifull God and tender Father, which be-
side thy most inestimable mercies, giuen and bestowed vpon me, in making me, in redeeming me by the death of thy deare Sonne Iesus Christ,
in

in calling me to the knowledge
of thy blessed word, in kee-
ping me in thy holy Church, and
in thy most gracious governing
mee, and all things hitherto, for
my wealth and commoditie,
which hast also most fatherly ca-
red for mee, and hitherto kept
me from all dangers, both of
soule and bodie, giuing mee
health, food appavell, and all
other things necessarie, for the
comfort and succour of this
poore and miserable life, which
many other want: for these and
all other thy good gifts, and
gracious benefits, which of thy
onely goodnesse, and fatherly
providence, thou hitherto hast,
and now dost powre vpon mee,
I most humbly thanke thee, and
prayse thy holy name, beseech-
ing thee to forgiue, hide, and
bury

bury all my finnes, which at any time heretofore I haue committed against thy holy Commandements: and I beseech thee to grant me the guard of thy good Angels, to keepe me this night, and evermore, and grant good Father, that when I shall sleepe in death, my bodie may rest temporally, and my soule liue with thee eternally, to thy glory, and my joy, through Iesus Christ my Lord, Amen,

A Prayer for the Euening.

O Eternall God, and most mercifull Father, who this day, and all the time of my life hitherto, hast graciously defended, nourished, and preserved my soule, and bodie, and of thy louing kindnes hast most fatherly

ly provided for me a poore sinner, not onely in giving me a rich portion of thy creatures but also in that plentiful redemption, which thy most deare Sonne Iesus Christ hath purchased for me: grant vnto me, O mercifull Father, the assistance of thy grace and holy Spirit, that though my bodie take the naturall rest, yet my soule and minde may behold thy goodnesse toward me be joyfull in thee, and receiue such inward pleasure, and heavenly sweetenesse in thy loue, that whatsoeuer I shal henceforth thinke, speake, or doe it may be all to the honour of thy holy name. And let thy mighty hand and out-stretched arme, O Lord be still my defence, thy mercy & loving kindnesse, in Iesus Christ thy deare Sonne my saluation, thy

thy true and holy word my instruction, thy grace and holy spirit my comfort and consolation vnto the end and in the end, thou row Iesus Christ my Lord and onely Saviour, Amen.

*When you goe to bed say, I lay mee
downe to rest, in the name of the
Father, the Sonne, and
the holy Ghost.*

Then pray thus.

O Mercifull Lord God, heauenly Father, whether I sleepe or wake, liue, or die, I am alwayes thine; wherefore I humbly beseech thee, that thou wilt vouchsafe to take care and charge of me this night, & at all times hereafter and not to suffer me to perish in the works of darknesse, but to kindle the light of thy holy Spirit in my heart

heart, that thy godly knowledge maydaily increase in me, through a right and pure faith, and that I may alwayes walke and liue after thy good will and pleasure, thorough Iesus Christ my Lord and Saviour, Amen.

*A Prayer before we settle our
selues to our deuotions.*

O Most gracious God, giue mee leaue to present my selfe before thy diuine Majestie, and to poure out my vnworthie prayers vnto thee; in the multitude of thy mercies, O Lord, I come to make manifest my necessities (as a poore and needie wretch) vnto a God of infinite glory: I come as a worme to my Soueraigne Maker: I come as a haynous offender, to a iust and
severe.

severe Iudge; thou O God prom-
isest that who so asketh shall
receiue, who so seeketh shall find
grant mee therefore grace to
pray vnto thee, as my dutie, and
thy desert requireth, grant mee
a pure intention, a fervent de-
votion, that with humble heart,
firme hope, and perfect charitie,
I may effectually pray vnto thee
and aske of thee that which thou
seest most for thy glory, and my
good. O mercifull Lord helpe
mee to pray worthily, that thou
mayest graciously grant my pe-
titions: defend my weake heart
from ghostly assaults, and so
fixe my minde vpon thee that I
be not carried away from con-
sideration of thy presence: grant
mee attentively to apply my
thoughts, and to be wholly ravi-
shed and possessed with zeale and
true

true devotion. Grant mee to aske
forgiuenesse with deepe contriti-
on, and full purpose of amend-
ment: afford O Lord, such com-
fort to my soule, as thou seeest fit
for mee, and by the assistance of
thy spirit inspire thy good moti-
ons into mee, that I may feele
them forcibly: accept them thank-
fully, and fulfill them effectually,
and that I may devoutly pray vn-
to thee with true repentance, ap-
pease thee, and for ever dutifully
to serue thee.

A generall confession of sinnes.

Almighty God and heaven-
ly Father, I confesse and ac-
knowledge, that I am a miserable
and a wretched sinner, and haue
many wayes most grievously
transgressed thy most godly
com-

commandements, through wicked thoughts, vngodly lusts, fittall words & deeds, in my whole life. In sin was I borne and conceived, and there is no goodnesse in me, that without thy mercy I should perish for ever: so little helpe, comfort, succour is there either in me, or in any other creature: onely this is my comfort (O heavenly Father) that thou diddest giue thy dearly beloved Son to the most vile, bitter, and shameful death of the crosse for me, that he might so pay the ransom for my sinnes, satisfie thy judgement, still and pacifie thy wrath, reconcile me againe vnto thee, and so purchase mee thy grace, favour and everlasting life: wherefore through the merit of his most bitter death and passion, and through his innocent blood

shedding

shedding : I beseech thee O hea-
 venly Father, that thou wilt
 vouchsafe to be gracious and
 mercifull vnto me, to forgive and
 pardon mee all my sinnes, to
 lighten my heart with thy holy
 spirit, to renew, confirme, and
 strengthen me with a right and
 perfect faith, and to enflame me
 in loue toward thee & my neigh-
 bour : that I may henceforth
 walke as it becommeth mee, in
 thy most godly commandements
 and so glorifie and praise thee
 everlastingly : grant me further
 O Father, that I may haue a quiet
 heart and conscience, and that
 I may in all temptations, afflicti-
 ons, necessities, and in the ve-
 ry panges of death, trust faith-
 fully in thee, and in thy mercies.
 And for that thou hast comman-
 ded me to pray vnto thee, I
 humbly

humbly beseech thee, for all
things needfull for me, and pray
vnto thee, as thy Sonne himselfe
hath taught me, saying, O our
Father, &c,

*A Prayer of thanksgiving yemission
of finnes, necessities in this life,
and life euermlasting.*

O God of Abraham, Isaac, and
Jacob, thou God of pittie and
all mercie, haue mercy vpon me
a wretched sinner, and forgive
me (I most humbly beseech thee)
all my finnes and offences, that
I haue ever committed against
thee: blot out all my misdeedes,
renew a right heart and create
O God, a new spirit within mee,
I thanke thee O heavenly Father
for all thy blessings and benefites
which thou hast bestowed vpon
me,

ne, continue, multiplie, and in-
crease thy good blessings vpon
mee: stretch out thy hands of
countie over mee, and with thy
eyes of mercie looke vpon mee,
and mee (O Lord) a sufficient
giving, make mee beneficiall to
all, and not chargeable to any,
blesse mee good Lord, and giue
mee grace to liue godly, and ver-
uouly, and raigne with thee e-
uerlastingly: deliver me from all
troubles, discontents, and world-
ly calamities: take mee O Lord,
into thine owne tuition: blesse
me prosper, and protect all my pro-
ceedings: let whatsoeuer I take
in hand bee good: and let that
come to a happie and succesfull
end: let mee haue a care not to
doe any thing that should offend
thee, but let my whole desire bee
to doe those things that may
please

humbly beseech thee, for all
things needfull for me, and pray
vnto thee, as thy Sonne himselte
hath taught me, saying, O *our*
Father, &c,

*A Prayer of thankesgiving, yemission
of finnes, necessities in this life,
and life euerlasting.*

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Iacob, thou God of pittie and
all mercie, haue mercy vpon me
a wretched sinner, and forgie
me (I most humbly beseech thee)
all my finnes and offences, that
I haue ever committed against
thee: blot out all my misdeedes,
renew a right heart and create
O God, a new spirit within mee,
I thanke thee O heavenly Father
for all thy blessings and benefites
which thou hast bestowed vpon
me,

me, continue, multiplie, and in-
crease thy good blessings vpon
mee: stretch out thy hands of
bountie over mee, and with thy
eyes of mercie looke vpon mee,
send mee (O Lord) a sufficient
living, make mee beneficiall to
all, and not chargeable to any,
blesse mee good Lord, and giue
mee grace to liue godly, and ver-
tuously, and raigne with thee e-
uerlastingly: deliver me from all
troubles, discontents, and world-
ly calamities: take mee O Lord,
into thine owne tuition: blesse
prosper, and protect all my pro-
ceedings: let whatsoeuer I take
in hand be good: and let that
come to a happie and succesfull
end: let mee haue a care not to
doe any thing that should offend
thee, but let my whole desire bee
to doe those things that may
please

pleaſe thee, ſend O Lord thy angel from heaven to governe me, and to deliuer mee (as he did thy ſervant *Tobias*) from all dangers : ſend O Lord thy grace from heauen to guide me, and thy wiſedome from the higheſt heavens, to teach and direct me : let mee not any more fall into ſin through frailtie, but ſo bleſſe mee with thy bleſſings, that I may never offend thee, but that I may early and late night and day & at all times and ſeaſons giue praife and thanke to thy heavenly Maieſtie : that I may liue in this world, to my comfort, and thy glory, and raigne with thee in everlaſting glory, in the world to come. Heare O Lord, theſe my prayers, & for thy moſt deare mercies ſake, and for my ſweete Saviour Ieſus Chriſt his ſake

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grant my petitions. To thee O
God the Father, Sonne, and holy
Ghost, be all honour, dominion,
power, and glory, now and for
ever, world without end, Amen

*A Prayer for forgiuenesse of sinnes
with a confession of his faith.*

O Lord God almightie, and
Father of my Saviour Iesus
Christ, I most earnestly beseech
thee, for thy fatherly goodnesse
and mercie, to pardon and for-
giue me all my sinnes and offen-
ces, and through thy bountifull
goodnesse and mercie deliver me
from all those sinnes and offen-
ces, which by my frailtie, or any
way else I ever committed a-
gainst thee: for I confesse and ac-
knowledge, that I am a misera-
ble, and wretched sinner, and
haue

please thee, send O Lord thy angel from heaven to governe me, and to deliuer mee (as he did thy servant *Tobias*) from all dangers : send O Lord thy grace from heauen to guide me, and thy wisdom from the highest heavens, to teach and direct me : let mee not any more fall into sin through frailtie, but so blesse mee with thy blessings, that I may never offend thee, but that I may early and late night and day & at all times and seasons giue praise and thanke to thy heavenly Maiestie : that I may liue in this world, to my comfort, and thy glory, and raigne with thee in everlasting glory, in the world to come. Heare O Lord, these my prayers, & for thy most deare mercies sake, and for my sweet Saviour Iesus Christ his sake,

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godly Prayers. 33

grant my petitions. To thee O
God the Father, Sonne, and holy
Ghost, be all honour, dominion,
power, and glory, now and for
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*A Prayer for forgiuenesse of sinnes
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ces, which by my frailtie, or any
way else I ever committed a-
gainst thee: for I confesse and ac-
knowledge, that I am a misera-
ble, and wretched sinner, and
haue

haue many wayes moſt grievouſly tranſgreſſed thy moſt godly will and Commaundements: through wicked thoughts, vngodly luſtes, ſinfull words, and deedes in my whole life. In ſinne was I borne and conceived, and there is no goodneſſe in mee, therefore through the merites of the bitter death and paſſion of thy beloved Sonne Ieſus Chriſt my Saviour, and through his innocent bloud ſhedding I beſeech thee, O heavenly Father, that thou wilt be ſo gracious and mercifull vnto mee, to forgiue and pardon mee all my ſinnes and offences, to lighten my heart with thy holy Spirit, to renew, confirme, and ſtrengthen me with a right and perfect faith: enflame in mee loue toward thee and my neighbour, that

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turn thy face therefore away from
my finnes, and put out all thy in-
quities, and make a cleane heart
within mee, cast mee not away
from thy presence, and take not
thy holy spirit from me but helpe
and comfort me, stablish mee with
thy mightie spirit: mollifie my
heart, that I may walke in thy
wayes, and not in the wayes of
error, helpe me and forsake mee
not, O Lord my God, for thy
Son Iesus Christ his sake, Amen.

*A Prayer wherein a sinner asketh
forginenesse of his finnes; And de-
sireth the true armour, to be de-
fended against the enemies of his
soule, and confesseth God to be his
Saviour.*

EVerlasting God, and most
mercifull Father, I most humbly

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bly beseech thee, for thy Sonne
Christ his sake to heare my pray-
ers, and forgiue me all my finnes,
and from henceforth giue me
thy holy Angell to conduct and
strengthen me with thy vertue,
to withstand the euill devices of
the world, and the appetites of
the sinfull flesh, arme me with
thy armours, the grace of thy ho-
ly Spirit, and mightie vertue,
write in my heart thy holy
word, lawes and commande-
ments, put vpon me the breast-
plate of righteousness, direct
my life and conversation ac-
cording to the Gospell of peace,
giue vnto me the shield of faith,
to fight against sinne, and de-
speration, the helmet of health
vnto my salvation, through the
merites of thy dearly beloved
Sonne Iesus Christ : for whose
sake

for his sake, I poore sinner, most humbly beseech thee, that thou wilt vouchsafe to powre vpon me thy holy spirit, to worke in my heart, minde, and soule that I may alwayes doe thy will and pleasure, and walke in this world, to thy honour, thou O Lord, hast made mee, and giuen thy Sonne to die for my finnes, O Father for his sake, haue mercie vpon mee, O Lord Iesus, which hast bought me with thy precious bloud, receiue me, and haue mercie vpon me, and bee my mercifull mediator to thy Father, that my soule may bee saved. O holy Ghost, coequall with the Father, and the Sonne, haue mercie vpon me, O Lord, God, most loyng, and mercifull Father, I acknowledge my selfe vnto thee, a wretched sin-

ner, yea ſuch a ſinner, as hath
 neede of grace, mercy, and fa-
 vour, for in thy ſight there is no
 man righteous : thou O Chriſt
 art the bleſſing of God, by whom
 all the Nations of the world are
 bleſſed and made rich : thou de-
 liveredſt me, and thy people from
 hell and damnation, thou art a
 ſhield vnto me, and vnto all them
 that truſt in thee, thou forgiveſt
 all trespaffes, and healeſt all in-
 firmities, thou defendeſt me, and
 thy people, and bleſſeſt vs. Thou
 O Chriſt, art my ſaving health,
 and ſanctifier : with thee is mer-
 cie, and plenteous redemption:
 Yea, thou art the true God and
 Saviour: all ſoules are thine, thou
 redeemedſt mee, I haue no other
 Saviour but thee, I will turne
 vnto thee, O Lord turne vnto
 me, I will aſke mercie of the Fa-
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ther, in thy name, and I trust, I
shall receive it, that my joyes may
be perfect: I beleeue in thee,
therefore I shall be saved, thou
art the way, the truth, and the
life: without thee, none can
come to the Father. Thou camest
into the world to save me, and all
that were lost, therefore I beleeue
in thee, and hope in thee, that
thou wilt raise me up to everla-
sting life. I beleeue that thou wilt
save me, have mercy on me ther-
fore, and forgive me my sinnes. O
Lord, thou livest and reignest
now and for ever, world with-
out end, Amen.

*A sinner desireth forgiveness of his
sinnes, and a right and true faith.*

O Lord maker of Heaven and
Earth, I confesse my selfe,

64 *The Poſie of.*

from the very bottome of my heart, that I am a miserable, wretched, and abhominable ſinner, and haue wickedly tranſgreſſed thy godly Commandements, the ſinnes alſo that I haue committed, are as innumerable as the ſand on the Sea ſhore, they beare mee downe as an intolerable burthen: in theſe ſinnes O Lord God, haue I walked vntill this day, according to the deſires of the world, and the euill luſtes of the fleſh, but whatſoeuer I haue in this behalfe ofſeended thy moſt godly Maieſtie, it ſore repenteth mee, and the fault grieveth mee to the very bottome of my heart, ſaue me, therefore O Lord, for thy great mercies ſake, for vnto thee O God of my comfort, I wretched ſinner doe come, craving
 moſt & of

godly Prayers.

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of thee thy mercie, incline therefore thine eares vnto my calling, O Lord, and consider the request of my heart, and grant vnto me O Lord thy seruant, the strength of thy holy Spirit, to subdue the body of sinne with the lustes thereof, that it may be obedient in will and minde vnto thy lawes, for no man can helpe me but thou O Lord, who hast brought my soule out of hell, and hast holpen me from falling into destruction, put away from me O Lord that which is euill, for thou art holy, and save thy seruant which euer trusted in thee. I will acknowledge I haue all my strength of thee, for thou art my hope, my portion, my God & my Saviour. Haue mercy therefore vpon me, O Lord, and according to thy great mer-

eye doe away my offences : looke
oh me with the eyes of mercy,
sprinkle me with the sweet Hy-
sop of grace, cleanse me from
my sinnes : wash me, and I shall
be whiter then Snow, quench
the desire of sinne in me, open
my lips that my mouth may set
forth the prayse of thy holyname.
O Christ, Sonne of God, haue
mercy upon me, O holy Ghost,
giue me a new heart, and a right
spirit to laud and prayse thee,
turne me wholly unto thee O
Lord, and take my sinnes away
from me, O Lambe of God heale
me, and I shall be whole : saue
me, and I shall be saved: for thou
O Christ, art my hope, thou hast
taken vpon thee my diseases, and
wast wounded for my offences :
and wilt, I trust, pardon me all
my sinnes, there is no saluation
but

but in thee, nor no other name
 wherein I must be saved, but by
 thee O Christ, thorough thee I
 have redemption and remission
 of my sinnes, thou hast made
 satisfaction for me, thou diedst
 for me and for my sinnes, and
 wast buried, and rose againe, and
 ascendedst into heaven, and sit-
 test on the right hand of God in
 the glory of the Father, thou art
 my Advocate and obtainest mer-
 cie for my sinnes, thou art holy
 which was is, and is to come. I
 beleeye that thou shalt come to
 be my Judge, therefore I beseech
 thee, O Lord, let not my sinnes
 loose mee, whom thou hast
 bought with thy precious blood,
 but have mercy upon me, O Lord
 God holy Ghost, have mercie
 upon me, and worke thy di-
 vine grace in me, that I may be
 saved!

saved thorow my Lord Iesus
 Christ, saue me O Lord, for I
 beleene that I shall see the plea-
 sures of thee, in the land of the
 living, grant mee O Lord, a
 right and true faith, forgive me
 all my sinnes, and make me daily
 more and more to walke in a new
 way, and vpright life, that I may
 witerly despise all worldly things
 that I may be continent, pure of
 living, temperate, good, righte-
 ous, diligent in all goodnesse,
 meeke, mercifull, modest, hum-
 ble, and readie to forgive all that
 offend me, and true all the dayes
 of my life, according to thy diuine
 wil, and true feare, that I may die
 in the world to all sinne, and to
 my selfe, and with a good confi-
 dence, and a merry heart, looke
 for the comming of thee, O Lord
 my Saviour Iesus Christ, to whom
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with thee, and the holy Ghost, be
all honour, and glory for ever, A-
men.

*A Prayer for a sinner, desiring God
to powre his grace upon him, who
doth faithfully beleene, that God
will freely forgive him his sinnes*

Honour and praise bee gi-
ven to thee, O Lord God,
for seeing whereof I stand in
need, and so blessing me with
thy manifold blessings, I craue
thy mercy and grace to bee my
guide wheresoever I go: Receive
O Iesus my soule and body into
thy hands, for thou hast bought
me with thy precious blood. O
Lord save mee for thy merces
sake, and be my defender all the
dayes of my life. Thou art the
gift of the Father to saue sinners,

I beseech thee O sweet Iesu saue
and deliver me from all evils, bo-
dily and ghostly, now and for e-
ver, that I may praise and wor-
ship thee in this life, and in the
world to come: against thee O
Lord, against thee haue I sinned,
I confesse that all my life time I
haue beene a sinner, and haue
grievously offended thee, I haue
gone astray like a lost sheepe, and
haue beene an vnprofitable ser-
uant, and there is no goodnesse
in mee: but I confesse my sinnes
O Lord vnto thee, and doe ear-
nestly repent that ever I offended
thee, being so loving a Father, &
so gentle a Lord: and cry with
David, and say haue mercy vpon
mee, O Lord, according to thy
mercies, and according to the
multitude of thy mercies doe a-
way my offences, wash mee
thoroughly

throughly from my wickednesse,
and cleanse mee from my sinnes,
for I acknowledg my faults, and
my sinnes are ever before mee.
I cry with the lost sonne O father
I haue sinned against heaven, and
against thee, and am no more
worthy to bee called thy Sonne.
I cry with the Publican, and say,
O Lord be mercifull vnto mee a
sinner. I crie with the blind, Iesu
sonne of *David*, haue mercy vpon
me : and I faithfully belecue that
thou wilt freely and mercifully
forgiue me all my sinnes, be they
never so many, or grieuous, if I
faithfully aske them: for by faith
I am made of the child of wrath.
the sonne of God : by faith I am
married unto Christ: by faith my
heart is purified, Sathan over-
come, and the world vanquished
by faith I am preserved from
dam.

damnation, justified, and made
 righteous: by faith the wrath of
 God is asswaged, and I worke
 thy will O God, by faith my
 prayers are heard, and requestes
 granted; by faith I please thee O
 God and am made the childe of
 light: by faith I am borne a new
 and made the Temple of the holy
 Ghost: by faith I prevaile against
 the gates of hell, and am made the
 heire of thee O God, and fellow
 heire with my Lord and Saviour
 Iesus Christ, of thy everlasting
 glory: faith is richer then all trea-
 sure, stronger then all corporall
 power and more healthfull then
 all Physitions. Grant me there-
 fore O Lord a true faith, and
 let mee cleave to the mercifull
 and comfortable promises of
 thee O God, so shall I be sure
 to have remission and forgive-
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nesse of all my finnes. I beleue thee, O Lord helpe thou my vnbeleefe, increase this my faith in mee, I most humbly beseech thee for Christ Iesus his sake, mercifully to behold mee a most miserable sinner, and clearely to forgiue mee all those finnes and wickednesse, which I haue committed against thee from my birth vntill this present time: forgiue mee O Lord, all my finnes for thy name sake, though they be great, and many: remember not the finnes and offences of my youth, nor my former finnes, but according to thy mercy thinke vpon me O Lord, for thy goodness sake: and haue mercie vpon me, and that right soone: helpe mee O God of my salvation: O deliver me, and be mercifull vnto mee a sinner, for the glory

of thy name sake. So shall I give
thee thanks for ever, and magnific
thy blessed name, world without
end, Amen.

*A very godly Prayer with many
petitions.*

O Lord powre downe thy
heavenly grace and father-
ly favour upon mee, that I be-
ing assured of thy favourable
goodnesse toward me, may re-
ioyce and glory in thee: vouch-
safe O sweete Father, to send thy
holy Spirit unto me, which may
make me a new creature, put
away from me all fleshly lusts,
fill my heart with new affectes,
and spirituall motions: and thro-
row his godly inspiration, re-
new me both in body and soule;
that I may die unto sinne, and
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live unto thee in newnesse of life
serving thee in holinesse, and
righteousnesse, all the daies of my
life. O send thy wisdom out of
thy holy heavens, and from the
throne of thy Majestie, that she
may be with me, and teach me,
thy will, and what is acceptable
in thy sight, conduct me right-
ly in thy workes, and preserve
me in her power, remoove from
me O heavenly Father, my lewd,
stubborne, and unfaithfull heart
and create in me a cleane, and
godly heart, cleanse me from all
wicked thoughts : breath into
my heart through thy holy Spirit
godly and spirituall motions, that
I may bring forth good workes,
to the prayse and glory of thy ho-
ly name : grant me, O Lord a qui-
et mind, and a contented con-
science, free from the dam-
nable

nable accusations of Sathan, from the craftie perswasions of the world, from the subtile enticements of the flesh: giue vnto me the precious gift of faith: giue me Christian loue, and perfect charitie, that I may loue thee my Lord and God, with all my heart, with all my minde, soule and strength. Let mee loue my neighbours as my selfe: giue me grace patiently to suffer my enemies: to forgiue and pray for them. Take from mee all pride and haughtinesse of minde, graft in mee true humilitie: giue me grace to be mercifull and liberall to all that haue need: preserve my soule from all vice, and my body from sicknesse: make me able with strong faith to resist Sathan, with fervent Prayer, to mortifie the lustes of the flesh: with meditation

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ration of thy holy law, to avoide
the vanities and pleasures of this
wicked world: suffer me not to
be overcome of Sathan, nor his
servants, but grant mee a strong
faith to overcome them: send
thy heavenly Angels to pitch
their tents about me: and deli-
ver mee from their tyrannies.
Make me of that number O Lord
whom thou hast ordained to be
saved: place me among thy sheep.
Write mee in thy booke of life,
grant me these petitions, & what
soever else is needfull for me, O
most mercifull Father, for thy
deare Sonne Iesus Christ his sake
to whom with thee and the holy
Ghost, be all honour, and glory,
world without end, Amen.

A Praye for grace and remission of finnes.

O Almighty God, and Father of our Lord Iesus Christ, the God of all comfort and consolation, have mercy vpon mee; heare my Prayers, I most humbly beseech thee, for thy deare Sonne Iesus Christ his sake, for his merites, and the cruell death he suffered to deliver me from eternall death: send into my heart the spirit of truth, to worke in me a true, stedfast, and lively faith: that the brightnesse and clearenesse of thy Gospell, may shine in me, and lighten my mind that I may vnderstand the unspeakeable riches of my redemption, in, and by Christ: open the eyes of my minde, that I may know what the hope is wherun-

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to thou hast called me : and how
rich the glory of thine inheritance
is : that by true faith I may be an
unfained professor of thy holy
name, and worship thee in spirit
and truth. Write in my heart the
loue of thy law, and hate to all
sinne : bee mercifull vnto me, I
heartily beseech thee, most merci-
full Father, for thy Christ his sake
and for his deaths sake, thy mer-
cie, truth, and promise sake, haue
mercie vpon me, pardon and
forgiue me all my sinnes, iniqui-
ties, and offences, whatsoever I
haue committed against thee in
thought, word, or deede, at any
time heretofore by any meanes
Though I be poore, my Christ is
rich : though I be a sinner, he is
righteous : though I be unpure,
yet he is pure and holy : for his
sake therefore be mercifull vnto
me :

me: wash me from my filth and
wickednesse, cleanse me from my
evill, forgive me my sinnes: for-
get my iniquities, powre out thy
holy spirit vpon mee, write thy
law in my heart, graue it in my
minde, giue me the spirit of pray-
er: make me diligent and happie
in the workes of my vocation:
take into thy custodie and gover-
nance for ever my soule, and my
body, my life, and all that ever I
haue. Tempt mee never further
then thou wilt make me able to
beare: and whatsoever thou
knowest I haue need of in soule
or body, deare God and graci-
ous Father, vouchsafe to giue me
the same: and as thy childe guide
me, so that my life may please
thee, and my death praise thee,
through Iesus Christ my Lord.
For whose sake I heartily pray
thee

thee to grant me these things
thus asked, and all other things
necessary for my soule and bodie,
and grant vnto mee poore crea-
ture, thy blessings and holy Spi-
rit, to sanctifie me and dwell in
me as thy deare childe : to keepe
me this day and for ever from all
sinnes and euill, to thy eternall
glory, and my everlasting com-
fort, and the profit of thy Church
which mercifully maintaine, che-
rish, and comfort : keepe me in
thy truth, powre vpon me O Lord
thy holy spirit of grace and wise-
dome, to governe and leade my
body and soule in thy holy word,
and Commandements : shew thy
mercie vpon me, and so lighten
the naturall blindnes of my heart,
that I may daily be renewed by
thy holy Spirit. Open my hard
heart, & grosse eares, to reade thy
word

word, heare thy heavenly voyce
 and beleue and follow it in my
 life and conuersation, and ever
 hold fast that blessed hope of e-
 verlasting life: mortifie and kill
 all vice in me, that my life may
 expresse my faith in thee: merci-
 fully heare the humble supplica-
 tion of thy servant, and grant me
 thy peace all my dayes: for Christ
 his sake be mercifull vnto mee:
 cast all my sinnes out of thy sight
 pardon my infirmitie, and defend
 me in all dangers, both outward-
 ly in my body goods and name,
 and inwardly in my soule, a-
 gainst all temptations and sub-
 till baytes of Sathan: grant that I
 may truely and godly serue thee:
 increase in me true Religion, re-
 plenish me with all goodnesse: &
 of thy great mercie keepe mee in
 the same vnto the end, giue vnto

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to mee the spirit of praier, true humilitie, perfect patience, and continuall joy in the Holy Ghost, and for as much as I must be at warre with many enemies, graunt me grace, and arme me with thy defence, that I may stand with an invincible constancie against all corruption, wherewith I am compassed on all sides, vntill such time as I having ended this combate, which during life I must sustaine, I may in the end, attaine to thy heavenly rest, which is prepared for mee, through Iesus Christ my Lord and Saviour, Amen.

Another Prayer, for remission of sinnes.

O Eternal God, behold me a poore and sinfull creature, and a worme of the earth; against thee

thee O holy Father, againſt thee
haue I ſinned: gracious God, caſt
not away a contrite and penitent
heart, humbly calling vpon thee,
but turne thy eyes of mercie to-
ward me, and forgiue me the ſins
of my youth: caſt me not away,
nor take not thy holy ſpirit from
mee, but giue me the comfort of
thy helpe, and ſtabliſh mee in thy
truth, keepe me thy poore crea-
ture, and deſtroy me not becauſe
of my iniquitie, but be mercifull
vnto me, for thy Son Ieſus Chriſt
his ſake: let not thy heauie hand
of Iuſtice deſtroy me, neither
leaue me in my ſinnes, pittifull
Father, even of thee which art the
God of mercy, I wretched ſin-
ner doe aſke mercy and forgiue-
neſſe of all my ſinnes: therefore
for the glory of thy name deſtroy
me from ſinne, and forgiue me
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all my sinnes: for as thou art God
 so art thou gracious and mercifull
 and wouldest that none should
 perish, but all should be saved.
 Spare mee O Lord, and for thy
 name sake, forgie me all my
 sinnes, and put out of thy sight all
 my offences: giue mee a newe
 heart, and take from me all wic-
 ked desires, that I may euermore
 liue according to thy will: giue
 vnto my eyes good store of light
 that I sleepe not in death, and
 that my sinnes preuaile not against
 me: worke in me O holy Spirit,
 that I may euer desire and couet
 that which is most pleasant and
 acceptable in thy sight: and that
 I haue no desire, to will or not
 to will, but as thou wilt. O God
 most holy, mightie, and merciful
 Saviour, be mercifull vnto mee,
 and cast me not off in my age.

forſake me not, nor ſhut not thy
cares from my prayers: but be
mercifull vnto mee, and forgiue
me all my ſinnes. Moſt deare and
blessed Saviour, comfort the
ſoule of thy ſervant, for vnto thee
doe I liſt up my heart and mind:
ſhew mee thy mercy, and grant
me thy ſalvatiō, early in the mor-
ning wil I cry vnto thee, for thou
art good and gracious, & of great
mercie to them that call vpon
thee: deliver me from among the
wicked, that I may giue thanks
vnto thy holy name: make mee
to vaderſtand thy truth, knit my
heart vnto thee, that I may feare
thy name. Turne thee vnto mee
and haue mercie vpon mee, and
giue mee thy helpe and ſuccour.
Hear the prayer of thy ſervant,
hide not thy face from mee: but
haue mercie vpon mee. I will al-
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way call vpon thy name be thou
present with me, and forsake mee
not but in the day of iudgment,
vouchsafe O blessed King to place
me among thine elect, and holy
people, that I may behold the
glorious countenance of thy di-
vine Majestie, and be filled with
the exceeding sweetnesse of thy
blessed presence, which is life e-
uerlasting: grant this for thy mer-
cies sake, Amen.

A Prayer for true Repentance.

O Lord God which art full of
mercie, and compassion,
long suffering, & of great good-
nesse, which continuest thy mer-
cie for thousands, taking away
iniquitie, finnes, & offences, thou
callest after thy wonted mercy by
thy word to repentance, & hear-

rie couerſion: for vnto all and
every one is repentance and for-
giuenesse of finnes preached in
thy name. I acknowledge the
riches of thy lenity, patience, and
long suffering, in that thou doest
not suddenly take away sinners
from the earth, nor ouerthrow
them in their wicked deedes do-
ing, but givest them a space to re-
pent, which is a most notable ar-
gument that thou wilt not the
death of a sinner, but that he be
conuerted and liue: for thou art
mercifull over all, and forbearst
the sins of men for their amend-
ment: thou lovest all things that
are, and hatest nothing that thou
hast made: therefore vnto thee
O most mercifull God, doe I cry
which knowest the hardnesse of
my heart, and that I haue no
power of my selfe to rise vp.

Con-

Conuert me therefore O Lord,
and I shall be conuerted. O shew
mee my offences, that striking my
thighes, I may be heartily sorry
for my sinnes committed: heale
me O Lord, and I shall be whole,
saue me, and I shall be saved, for
thou art my prayse: behold me a
sheepe wandring, and readie to
perish: seeke thy servant O Lord
that I forget not thy Comman-
dements. O Iesus Christ looke
vpon me with the eyes of pittie,
as thou lookedst on the sinnefull
woman in the banquet, which
prostrate at thy feete, did bitterly
bewaile her wickednesse fauour
mee as thou didst the Publican,
who standing as farre off in the
Temple, and striking his breast,
said, Lord be mercifull vnto mee
a sinner: grant that among the
feares, and terrors of Conscience

I may take hold of thee by a true
ly faith, which hast redeemed me
from the curse of the law, and art
made for me wisdom, righte-
ousnesse, sanctification, and re-
demption: keepe mee O Lord,
from desperation, and let me flie
to thee my mediator, & through
faith haue peace with God. Re-
store me in the light of thy law,
that from my heart I may obey
thee my Redeemer, and walke in
newnesse of life: thou which hast
suffered for me in the flesh, giue
mee grace that likewise in the
same minde I may be armed for
the mortification of the flesh, that
I liue not after the lusts of men,
but after the will of God. I am
sorry that I haue spent the time of
my life that is past in wantonnes,
in lusts, in excelsse of eating, and
drinking, and other sins and wic-
kednes.

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kednes: mollifie my heart, that I
may earnestly repent all my for-
mer sins and offences, and for thy
most deare mercies sake, O Lord,
forgiue me the same: keepe the
Deuill vnder, that he trouble not
my conscience with reckoning
vp of my sins, or extenuating thy
mercie: but grant mee truely to
come vnto thee by hearty repen-
tance: and that I may at all times
and in all places, lifting vp pure
hands, pray vnto thee and say
Lord forgiue mee all my sins and
offences: and with deepe sighing,
and sure confidence, continually
persist in making my prayers, sup-
plications, intercessions, and gi-
ving of thanks for all thy tempo-
rall and heavenly benefits & bles-
sings bestowed vpon mee. Heare
O Lord, both now, and evermore
all my prayers, and grant my re-

quests, for Iesus Christ his sake who liveth and raigneth with thee in the vnitie of the holy spirit, one God now and for evermore, Amen.

*A Prayer for the remission
of Sinnes.*

O Mercifull God, if I wretched sinner, had not promises in the holy Scriptures, of thy tender mercies, for the comfort of my weake conscience and sorrowfull heart, I should haue no remedie my (sinnes are so great) but must despaire. But though my sinnes were never so many and abhominable, yet thy loving kindneses are more innumerable, and thy mercies more infinite, thou wilt not the death of a sinner, but that hee turne and live: thou camest into the
world

world to call sinners, to saue offenders, to seeke that was lost, to ease those that were loaden with sinne. O put my euill thoughts out of thy sight, wash me & make me cleane, make me leaue to doe euill and learne to doe good: apply my selfe to equitie, assist the oppressed, helpe the fatherlesse, heare the widows, & let my scarlet sins be made as whit as snow, and my purple offences, lik pure white wool. Cast my misdeedes behinde thy backe, & neuer more remember them, forgiue me my sinnes, heale my infirmities, saue me from destruction, and crown me with mercy and loving kindnesse: deale not with mee according to my sinnes, nor reward me after my wickednesse. Look how wide the East is from the West, so farre hast thou set my sinnes from mee.

me as a Father pittieeth his owne children, euen so art thou mercifull to them that feare thee thou knowest we are as glasse, and as a flower of the field, which soone fadeth away, but thy mercifull goodnesse endureth for euer.

O most gentle Saviour, thou art my loving Shepheard, which hast sought me running astray, layd me on thy mercifull shoulders, & brought me home to the cōpany of thy faithful. Ther is no whole part in my body, from the sole of the foote, to the crowne of the head, but all is wounds, fores and stripes, which can neuer be bound vp, mollified, and eased, except thou O Lord helpe me O Lord make cleane my wounds, powre the wine and Oyle of spirituall gladnesse into them, binde them vp, make them perfectly whole
and

and bring them into thy euerlasting habitation: heale me, and I shall be whole: saue me, and I shall be saved: O Father receiue mee home, embrace me in thy armes, favour me that haue vngodly & lewdly bestowed thy godly and vertuous gifts: which prodigall living greatly grieveth mee, and I am most heartily sorry, that I haue so haynously offended against thee. I most humbly beseech thee to haue mercy vpon me forgiue me my sinnes, and receiue me into thy favour.

Take from mee the ragges of impietie, and cloath me with the garment of innocencie, and put on me the shooes of peace, that I may walke in the wayes of thy holy Commandements, and giue mee grace vnfainedly, to repent and amend my life, that the Angels,

gels in heauen may rejoyce at my
conuerſion, waſh me more and
more from my finnes, that I may
be cleane, and appeare beautiful
in thy glorious ſight, and reſt for
euer in thy heauenly Manſion,
Amen.

*A Prayer for b'eſſings, and
forgiuenesse of our
finnes.*

O Heavenly Father, I beſeech
thee giue mee grace to flie
from all ſinne, drunkenesse, and
gluttony, as from beaſtly vices,
and peſtilent peſtilences, and vſe
thy good creatures ſoberly, tem-
perately, and thankfully: keep me
from fullfilling the luſts of the
fleſh, let me watch and pray that
I fall not into the ſnares of the De-
uill, & line ſoberly, watch warily
pray

pray continually, looke diligently for the comming of my Saviour, that I may be ready to enter with him into everlasting glory. O Saviour giue me grace to visit the sicke, and prisoners, comfort the fatherlesse, feed the hungry, cloath the naked, lodge the harbourlesse, and doe those things which are most acceptable in thy sight.

I confesse and acknowledge vnto thee my sins and offences, my transgressions are infinite, as the sand of the Sea, I haue departed from thee, and haue not kept thy commandements, as thou hast commanded mee, giue mee thy righteousness, and forgiue me all my sinnes: Finally, I beseech thee most mercifull Father, deliuer me from this euill world, humane fear, and all infirmities of the flesh.

flesh and minde, from false Prophets, bad brethren, and lewd persons: Defend mee from the hands of mine enemies, from all evils, present, & to come, both in soule and body. Giue me grace to serue thee in good works, and for thyn name sake, deliver me from all euill. Arme me with thy holy armor, weapon me with thy blessed Word. Instruct mee by thy holy spirit that I may serue thee in holinesse, and righteousness all the dayes of my life: break the bands of my sinnes, shake them out of thy sight, fully forgiue me all my offences, and let me possesse the inheritance of thy heavenly Kingdom. To thee O Father, creator, protector, gouernour, and defender, and to thy beloved Son Iesus Christ our Peace-maker, Mercie-seate, Redeemer, Iustifier, and Advocate,

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Advocate, and thy holy spirit our Sanctification, Wisdome Teacher, Instructor, and Comforter, be all dominion, power, and glory for ever and ever, Amen.

A very fervent Prayer for remission of sinnes, and many good

Petitions.

GRant me most gracious God thankfully to acknowledge thy great mercy, make mee increase in repentance, faith, prayer in contemning the world; in heartie desiring life everlasting, and thy blessed presence. Grant mee (O most gracious Lord) thy holy and sanctifying Spirit, that I may heartily and faithfully pray vnto thee with a pure and cleare mind, with an humble and lowly heart, accept me into thy favour, write thy law in my heart
and

and so worke in me, that I may
believe in thee, feare thee, loue
thee, obey thee, and serue thee,
as thou requirest. O loving Lord
forgiue me my vnthankfulnesse,
and all my sinnes O Father assure
me of my everlasting saluation in
Christ, reueale thy truth vnto me,
confirm, strengthen, and stablish
me in the same, that I may liue as
a vessell of thy mercy: endue mee
with the spirit of wisdom, keep
me that I follow not the counsell
of the wicked, walk not in the way
of sinners, nor fulfil the lusts, and
desires of the flesh, guid my lusts
and conduct me, that I may doe
those things that please thee, and
hate those that offend thee, fasten
me & plant me surely in the land
of the liuing, and let me not be
carried away with vehement blasts
of the wicked world: direct & or-
der

der my paths, that I may walke in
thy waies. arme me with patience
and assist me with thy holy spirit
that I may shake off the bonds of
the wicked, and cast away the yoke
of sinne, and impietie, so guide me
that I may alwayes serue thee in
truth and verity, and in true faith
obey thee. I beseech thee receiue
me vnder thy blessed safegard be
my buckler, giue me thy succour
that I may walke in thy truth be-
fore thee & reioyce only in thee.
O Lord heare me, lamentably cal-
ling vpon thee: O Christ which
art my righteousness and innocen-
cie, comfort me in all aduersitie.
Heare me mercifully when I call
vpon thee, make me liue in awe of
thee, and euermore be afraid to
offend thee, or sinne against thee,
giue me the light of thy counte-
nance, and let me feele and taste
thy

thy fauourable goodnesse. Grant mee peace and tranquillitie, firme hope and stedfast faith in thee. Haue compassion on me, for I am fore vexed: Heale my soule help mee, and deliver me from all my sinnes for thy mercies sake hear my lamentable voyce, heare my sorrowful cry. grant my petitions cōfound my enemies, deliuer me from all inconueniences, free me from all grieve and heauinesse: grant I be not overcom with the deceipts of the wicked, lighten mine eyes, that I may rightly discern thee, & walke constantly in the way of truth, through a stedfast faith. O Lord God consider me, regard me with the eyes of thy mercy. Keepe me from sin, & sinners, let my heart rejoyce in thy saluation that I may sing praises, & render thanks vnto thee for
that

that thou hast delivered me from
all my sinnes, and transgressions,
free me from all impietie, & igno-
rance, that I may earnestly seeke
thee, keepe mee as the Apple of
thine eye: defend mee vnder the
shadow of thy wings, and satisfie
me with the desire of thy glory:
shew mee thy way, teach me thy
pathes, deliver me from all vn-
godlinesse, wipe out all my sins
and offences, and clearly forgiue
me all my misdeeds, for thy most
deare mercies sake, Amen.

*A most godly Prayer for repentance
and life everlasting.*

O God Almighty, that hast
created mee of nothing in
the celestially forme of mankind:
& by thy holy word governed &
taught me to know, confesse, ho-
nour, and serue thy omnipotent
Majesty,

Maiestie, so, as where I was far
from thee by sin, I am now by thy
grace brought neere thee, and re-
conciled to thy favour as a sonne
Therefore as once environed with
many sorrowes, perils, wretched-
nesse, and calamities, amidst the
swarms of innumerable enemies
that seeke to spoyle me: I call for
thy helpe, which art the only sure
and inuincible fortresse, wherein
I may be saved. O Father stretch
forth thy mighty hand, and giue
me a ioyfull victorie against the
power of the malicious enemies
that would spoyle mee: from the
bottome of my heart I cry vnto
thee to save me, & for the loue of
thy deare sonne, deliver me from
all sin, & the power of darknesse,
and by thy holy Spirit lead and
guide me in the light and pathes
of thy most glorious and heauenly
grace,

grace, that in this short and transitory life (besetround with many stormes, perils, and deceipts, to perdition) I may alwayes cleaue fast vnto thee, and vtterly despi- sing all earthly pompe and vanity I may post vnto the Port of per- petuall peace and safetie, there to possesse the triumphant and deter- nall joyes which are prepared for thine elect.

Open the eyes of thy fatherly pittie I beseech thee, and giue me grace earnestly to repent my mis- deeds, put away my sins, and for- giue me all mine offences: renew whatsoeuer is decayed in me, ei- ther by the fraud and deceit of the deuill, the vanities of the world, or my owne carnal will and frailtie, let me put my whole trust in thy mercy, impute not my sinnes vn- to mee, but take me into thy fa-
mour,

vour, and bleſſing. Strengthen mee with thy holy ſpirit, poure vpon mee the manifold gifts of thy grace, the ſpirit of wiſedome Truth, Meekeneſſe, Loue, Peace and Patience, that I may liue here in this life godly and vettouſly, die in thy faith and feare, & raighe with thee in the world to come in everlaſting glory, Amen.

*A Prayer of thankſgiving, and
for remiſſion of finnes.*

O Almighty and eternal God our gracious and mercifull Father; all praife honour, and glory be given to thee. O let mee extoll and praiſe thy name for ever and ever, for thou heareſt my Prayers, graunteſt my requests & abundantly poureſt thy graces and benefits vpon me; thou choſeſt me before eternities, write
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with thee, and the holy Ghost, be
all prayse, thanks, honour and
glory, now and for evermore A-
men,

*A very devout Prayer for Repen-
tance, and all other things
whatsoever needfull, and
life eneralting.*

O Most mighty God of Angels
and men, whose wisdom is
infinite, & judgements unsearch-
able, heare the praiers of thy ser-
vant, and give eare to the humble
petitions of thy poore creature.
O let me incline my soule unto
thee, and set my eyes upon thee,
turne thy anger away from me,
and let me finde favour in thy
sight. Heale my soule that hath
sinned, free me from my trans-
gressions. plucke me from my
offences, for I acknowledge my

aults, and am sorry for my sinnes.
 Pride and arrogancie hath beguiled
 me, foolish boldnes overtaken
 me, and my owne counsell and,
 devices misled me, thou hast coun-
 selled me, and I followed it not
 thou didst strike me, and I regar-
 ded it not, thou didst correct me,
 and I receiued not thy discipline :
 haue mercy upon me, O Lord,
 haue mercy vpon me, I most hum-
 bly beseech thee, heare my praier
 forgiue the sins of my youth, and
 turne thy displeasure from mee.
 Come unto me O Lord, and saue
 me, destroy not my soule whom
 thou hast so mightily redeemed,
 but arise and deliuer me, saue mee
 for thy mercies sake: grant me for-
 row for my sinnes, and a foun-
 taine of teares for my offences,
 that I may daily bewaile my ini-
 quitie. Let my prayer enter into
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thy presence, and my cry come
unto thee: helpe me in my troubles,
heare my praier, and freely
forgive me all my finnes. O God
almightie, behold me thy unwor-
thy seruant, giue me thy holy spi-
rit, seruently to desire thy King-
dome, acknowledge thy will, and
worketh thereafter: giue me wise-
dome, constancie, patience, and
strength in thee, let thy mightie
arme preserue me from the inva-
sion of the Devill, the cursings of
evill tongues, the malignitie of the
wicked world. Giue me grace to
repent my misdeeds, be sorry for
my sins, and penitent for my of-
fences. Make me love iustice, hate
wrong, and abstaine from evill,
take care of my soule, forgive me
my sins, and free me thy seruant,
Give me what thou wilt, as much
as thou wilt and when thou wilt.

doe with me as thou wilt, put me
where thou wilt: and in all things
rule me as thou wilt: grant mee
grace to despise worldly vanti-
ties, mortifie carnall affections,
and giue my minde wholly to hea-
venly Meditations: assist me with
thy grace, strengthen me with thy
heavely power, comfort me with
thy holy Spirit, that neither my
cruell enemy, my wretched flesh,
or subtile spirit, haue domination
ouer me. Deliver me O Lord I be-
seech thee, from the cares of this
world, keepe me from bodily ne-
cessities, let me not be overcome
with voluptuous pleasures of the
world, the allurements of the flesh
or instigation of the Devill. Let
not flesh and bloud overcome me
the world with his vain glory de-
ceive me, nor the fiend with his
manifold crafts supplant me, but
giue

giue me ghostly strength in resisting them, patience in suffering them, and constancie in persevering to the end. Giue me for worldly delights, the sweet consolation of thy holy Spirit; for fleshly loue, the seruent loue of thee, and thy heavenly wisdom that I may seek thee, find thee, and aboue all things faithfully serue thee: In temptation strengthen me: in tribulation succour me, and from all my enemies, both bodily and ghostly, freely deliver me. Giue mee grace to despise all worldly things, all motions of sinne, and let no vanitie deceiue me. End (O Lord) my miseries deliver me from the bondage of sinne, and grant mee a full sight and contemplation of thy glory, therow Iesus Christ our Lord and Saviour, Amen.

*A prayer or meditation, whereby the
contemplation of light and darke-
nesse is stored up, with a remem-
brance of the shortnesse of our life,
and for life everlasting.*

AS my body, O Lord, is com-
passed with thy blessed light,
so let my mind with thy heavenly
light be illuminated, and as thou
givest me corporall light, so I be-
seech thee give me spiritual light,
for sure I beleeve my bodie shall
be as cleare as the Sun, in the day
of Iudgement, and as the Sun ri-
seth in the morning, is highest at
noone, and in the evening draweth
downward, so my life, & all things
in this worl'd (how glorious soe-
ver) being at the highest, decrease
& weare away: grant me therefore
(O God) a quiet and contented
mind, which is most like thy ho-
ly

ly name. And as houses are ordained to keep us from the injury of weather, crueltie of beasts, disquietnes of the people, & dangers of the world, so grant most gracious Father, that my body may enter into thy heavenly Mansion, wherein my body and soule may haue rest, peace, & joy euerlasting. Oh take from me this vaile of sin, and let me haue ever cleare light in my mind, and as I am not sorry when the Sunne goeth downe, so let me reioyce in death, wherby I come to thy heavenly habitation. Thou which art the Author of light, take away the dimnesse of the mind, and let me see clearely, let thy Word be a Lanthorn vnto my feete, and a light vnto my pathes: as after the day I giue my selfe to rest in the night, so most meeke Father, governe, & prepare

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me, that after this life, I may rest
and liue with thee in eternall glo-
ry. Nothing is so like life as day,
nothing is so like death as night,
nothing so like the graue as the
bed, and as I feare not to enter
my bed, and sleepe, so let me not
feare to die, but prepare my selfe
for it, that after the temptations,
troubles, and tempest of this
world be ended, I may enjoy that
heavenly, pleasant, and delectable
rest, that is prepared for thine ec-
lect, which grant me sweet Fa-
ther, for thy Sonne my Saviour
Iesus Christ his sake, to whom
with thee and the holy Ghost, be
all honour, and glory, Amen.

*A prayer to spend our life so, as we
may liue in Heaven eternally.*

DEare Father, God of heaven
and earth, I miserable and sin-
full

full creature, do prostrate my selfe
before thy Maiestie, desiring thee
from the bottome of my heart to
be mercifull unto me, & though I
am not worthy to receiue the least
favour of thee, and from thee, yet
of thy fatherly care over me, thou
givest me thy blessings abundantly,
yet my weake nature is such as
I forget from whence these good
graces flow, & am no way thank-
full for the same, but like the gurmundizing Glutton, continue in
my vaine desires and worldly
pleasures which in a moment
shall vanish, endue me therefore
most deare Father, with thy holy
spirit, and give me grace to spend
the short Pilgrimage of my life,
wholy in thy testimonies, that I
may joy in the service of thee, and
continually be carefull to please
thee, so that when thou shalt mow

up

up the roote of this transitory life,
I may be ready like the wise Vir-
gins with my lampe burning, that
sopassing from this darke vale of
misery, I may be received to thy
bright ioy and cuerlasting habita-
tion, Amen.

*A Prayer to God to take care of us,
preserue us, and forgine us our sins.*

O Father that madst the light
brighten mine eyes, that I
sleepe not in death, and let not my
enemies or sinnes preuaile against
me, drine from me the darknes of
ignorance, and illuminate mee
with thy holy spirit, that I may de-
spise the deceitfull delights of this
world, and earnestly strive for the
true ioyes of heaven, that I may
hartily forsake all transitory things
and endeouour to attaine things e-
ternall, preserue me from the af-
faults

faults of the deuill keepe me from
 all sinne, and deliuer me from sud-
 paine death, grant me solace in
 tribulation, assistance in tempta-
 tion, and after death saue me from
 condemnation, I beseech thee, and
 from the bottome of my heart in-
 treat thee, to direct mee in the
 way of thy commandements, that
 I may begin, continue & end my
 life to thy glory, and the salvation
 of my soule: keepe me from sinne
 reſtraine me from iniquitie, coole
 the heat of my concupiſcence, that
 raigneth in mee, let me leade the
 remnant of my life in thy feare,
 and love, direct my heart, body,
 ſenſes, ſpeeches, and actions, in
 thy law, and workes of thy Com-
 mandements, that leauing the de-
 lights of this world, I may thiſt
 for thy kingdom. Curbeth the deuill
 that he hurt me not, grant me thy
 mer

mercy, and forgive me my sinnes. Furthermore, O Lord, give mee puritie of heart, austeritie of the flesh, mortification of my appetites. Watch my eyes, and bridle my tongue, let me desire nothing but thee, and be evermore mindfull of thee. Giue me humilitie of heart, patience, obedience, meeknesse, charitie, constancie, and endue me with thy heavenly grace, and Christi goodnesse, Amen.

*A Prayer for the ayde and protection
of God in our affayres.*

O Omnipotent & eternal God who art the life, the way, & the truth, behold I walke among the temptations of the Devill, the snares of the world and frailtie of the flesh : open, therefore O Lord my eyes, be thou my guide
and

and conduct me aright, be in my way, O Lord, my succour and solace: in heate a shelter: in cold, a garment: in wearinesse a rest: in shipwracke a haven: guide me in thy paths, and teach me thy waies beate me downe and humble me, that I trust not in terrestrial things but erect my spirit & mind to heauen, and thereto fasten my hope direct my intent to that end, and let me so liue on earth, as I may be receiued into thy everlasting kingdom. Grant that I may learne so to rest in thee, and trust in thy blessings, that I may abstaine from all euill, look after celestial riches and learne to be content with what it shall please thee to bestow upon mee. Lord haue mercy upon me, and heare my prayers, turne my sins from thee and saue me for thy mercies sake. there is no man
can

can heale me, nor deliuer my ſoule
but thou, O Lord: My deſtruction
commeth of my ſelfe, my hope
and ſalvation ſtandeth onely in
thee, in the time of reconciliati-
on heare me, in the day of death
deliver me, and for thy mercies
ſike haue mercy vpon me: be mer-
cifull unto me, which haue none,
but thee to helpe mee, deſtroy
me not becauſe of mine iniquitie
nor be no longer angry with me,
let my prayers aſcend unto thee.
and be thou my health and ſalvati-
tion: I acknowledge I haue ma-
ny wayes from my youth hither-
to moſt grievouſly offended thy
divine Maieſtie, for which (O) God
be mercifull unto me a moſt wret-
ched ſinner forgiue all that is
paſt, ſaue and defend me from all
evill hereafter, confirme me in a
godly life, to the honour and glo-

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ry of thy blessed name, Amen.

A very good prayer, for forgiveness of sinnes.

O Celestiall Lord, omnipotent and eternall Father, I blesse thy diuine Majesty, I prayse thy infinit bountie & mercy, I magnifie thy eternall wisdom & truth which with thy mightie hand hast ever defended me from all perils, dangers, & enemies: comfort me, cherish me, maintaine me, and for ever hereafter defend me, that my mouth may set forth thy glory: Praiseth the Lord, O my soule, I will praise the Lord, and all my life sing praises unto his holy name. Preterue and defend my soule and my body from all perils, preterue me from worldly slanders, drue mine enemies from me guard and protect me that I never offend thee
or.

or with my sins grieve thee, early
in the morning let me seeke thee,
in the evening let me praise thee,
& be ever carefull to please thee:
punish mee not according to my
sins, but be mercifull vnto me for
thy great goodnesse and mercies
sake. Reproue me not, O Lord, in
thine anger, nor chastise me in thy
wickednes: shew me thy mercy &
grant me thy salvation, free mee
from thine anger, deliver me from
sudden death, & saue & keepe me
from eternall damnation. Grant
that I may so follow holines al my
life, that thy glory may shine in
my good workes & that I may en-
terprise nothing, but that which
shall bee to thy praise and glory:
Exempt me from the world & al
filthinesse of the flesh, keepe me
so diligently, that I may follow
true goodnesse and pietie. Grant. I
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may apply my heart unto thee,
 purge it from all immunditie and
 filthines, make me abstaine from
 all evil deeds, deceits and crueltie.
 Deliver me from sin, wickednes,
 and all evill, send thy holy Angell
 to guide mee in my doings, and
 keepe me in thy waies, that I may
 not doe, thinke, or will any thing
 contrary unto thy holy will and
 commandements: let me sing and
 rejoyce before thee, worship and
 serue thee, and come into thy pre-
 sence with mirth. Thou madest
 me, I am a sheepe of thy flocke,
 remember not O Lord the igno-
 rances of my youth, but according
 to thy great mercie be mindful of
 me, turne my wailing into joy, cut
 my sacke of sorrow into pieces, &
 cloath me with celestiall gladnes
 that I may sing to thy glory,
 world without end, Amen.

A

*A good prayer for a sinner, and for
Gods grace to keepe him from sins.
and grant him life everlasting.*

O Lord let thy graces spring in
my heart, suffer me not to
perish with the ungodly, direct
me with thy rule of Iustice, make
plain thy way before me, least the
wicked spirit put me out of it. De-
fend me with thy grace as a sheild
gather me under thy wings, and
keepe me safe among thy feathers
send thy truth & light to lead me,
and bring me to thy holy dwell-
ling. O my soule, trust in the Lord
he is my God and my helper.
Haue mercy upon me O Lord,
thou God of all things, haue re-
spect unto me, send me thy feare,
and bestowe on me thy mercie.

Awake O my soule, and stand
up from death, that Christ may
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lighten thee with the beames of
his mercy: Shew me the way that I
shall walke in, & deliuer me from
mine enemies, for I flie vnto thee
Teach me to doe those things that
shall please thee, let me put my
trust in thee, and haue mercy up-
on me, looke vpon my aduersitie
and miserie, and forgiue me all
my sinne. O keepe my soule and
deliver me, and let me never be
confounded; but be mercifull un-
to me, and haue mercie vpon me,
watch (O my soule) for thou know-
est not when the Lord will come,
watch and pray O my soule, that
thou enter not into temptation,
watch (O my soule) fast and pray,
and be strong in faith: set a watch
O Lord before my mouth, and
keepe the doore of my lips, and
let not my heart be inclined to e-
uill. O keepe me in thy pathes,
that

that my foot-steps slide not, heare
me, & haue mercy upon me, knit
my heart unto thee, that I may
feare thy name: ponder my wayes
consider my meditations, & mer-
cifully heare me: leade me in the
right way, let no wickednes haue
dominion over me, turne all vo-
luptuousnesse from me, take from
me the lusts of the flesh, let not
vncleanness take hold of me, give
me not ouerto an obstinate mind,
turne my eyes away from vanities
let thy loving mercies come unto
me. Suffer me not O Lord to en-
ter into the way of sinners, but
whē soeuer through frailty of my
corrupt nature I run astray, then
O Lord stay me, and plucke me
backe againe, that I may joy in
the desire of thy law, that I may
euer choose and doe those things
which are most pleasant to thee
and

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this present houre: and grant O Father, I wretched sinner beseech thee that I neuer hereafter fall into any sinnes or offences. Defend me against all my enemies, the deuill, the world, and the flesh. O Christ which camest into the world, to ease those that were laden, to seek those that were lost, to call sinners to repentance, and to giue life euerlasting to the faithfull. I poore sinner full creature from the very bottome of my heart bewaile and lament my wretched so sinner full life, beseeching thee according to thy promise, to be mercifull vnto me, to be my mediator to God the Father for me, that he may fully and freely forgive me all my sins what soeuer formerly committed against thee; and wholly possesse my heart with thy holy Spirit, that he may defend me against all perils to

come, which the denill, the world,
or the flesh imagineth against me
& so change me into a new man,
that my old sinnes being washed
away by thy precious bloud, I
may walke from Vertue to Ver-
tue, to the prayse of thy blessed
name, Amen.

*A generall confessiō of sinnes, with a
prayer for the remission of the same.*

O Most mercifull Lord God,
most deare & tender Father,
vouchsafe I beseech thee, to look
downe with thy Fatherly eyes of
pittie vpon me, most vile & wret-
ched sinner, which herein heartily
prostrate before the feete of thy
bottomlesse mercy, I am not wor-
thy to be called thy Sonne, but for
that thou art the God and Father,
of all comfort, and desirest not the
death

death of a sinner, but takest care to
cure my wounded soule : poure,
pray thee the precious oyle of thy
sweet comfort into my wounds
that I may joyfully runne into the
lap of thy euerlasting pittie : thou
art my hope, and trust, in whom I
onely repose my selfe, I accuse my
selfe vnto thee, that I haue sore and
grieuously offended thy almighty
Majestie, in committing grievous
& manifold sins and wickednesse,
that I haue not kept the least of thy
Commandements, as thy righte-
ousnes requireth of me, I haue not
honored thee as a God, nor dread
thee like a Lord, nor loued thee
like a Father, nor vsed thee as my
Saviour. Thy holy and dreadfull
Name I haue vsed in vaine, I haue
followed the Prince of the world,
in concupiscence of the flesh, in
pride of liuing, in couetousnesse,

in gluttony, in hatred, in enuie, in
backebiting, in despaire, and in
misbeliefe, but in what maner soe
uer I haue offended thy most god-
ly Majesty, I am heartily sorry for
it, euen from the bottome of my
heart, and in token of my heartie
repentance I knock and strike my
breast, and in the bitternesse of my
soule, I cry and say : Lord God Fa-
ther haue mercy vpon me. Lord
God Sonne, haue mercy vpon me
Lord God holy Ghost, haue mer-
cy vpon me : spare me of thy infi-
nite mercy, and grant mee thy a-
bundant grace, that I may change
my sinfull life, put off the old man
with all concupiscence, that I may
die vnto the world, and the world
vnto me: strenghten my heart in tru
humilitie, perfect loue, hope, and
trust in thee. Giue my soule grace
to desire onely to rejoyce and re-
pose

pose my selfe in thee, that I may vtterly forsake the vaine affiance of the world, that I may be readie to goe with thee, when so euer thou shalt come vpon me: Be thou O Lord alwayes vnto me a Tower of strength, a place of refuge, and defend me against the fiend, and all desperation, let thy comfort cleau vnto me, thy mercy keepe me, and thy grace guide mee. Take O Father, that thou hast made, take O Son, that thou hast with thy precious bloud dearly bought, take O holy Ghost, that thou hast kept, & preserved by thy grace, to draw me neare vnto thee. Heare my prayers, forgiue mee my offences, comfort mee in my afflictions, let my ghostly enemies haue no power on me, but giue me strength to withstand his deceitfull snares, let me liue to my comfort, die in the

true faith, and rest with thee in thy
euerlasting Kingdome, Amen.

*Another Prayer for forgiuenesse of
sins, and to be guided by the grace
of God to preserue and keepe vs.*

O Maker of heauen and earth,
King of Kings, and Lord of
Lords, which of nothing diddest
make me thine owne image, did-
dest redeeme me with thy preci-
ous blood, I am not worthy in my
heart to thinke on thee, nor in my
mouth to name thee: therefore I
humbly desire thee, and meekely
pray thee, gently to behold mee
thy vnworthy seruant, and haue
mercy vpon me, as thou haddest
on the woman of *Canaan*.

Vnto thee I confesse my sinnes,
haue mercy vpon me (L O R D)
for I haue most greiuously offen-
ded thee in pride, couetousnesse,
leachery

leachery, vaine-glory, hatred, en-
uie, adultery, indissolute, and wan-
ton liuing, in idle words, in think-
ing, sleeping, and doing all things
wherein fraile man might sinne:
therefore I most humbly pray and
beseech thy goodnesse, haue mer-
cy vpon me, and forgiue me my
sinnes. Thou art my hope, trust,
and defender, my helpe, strength,
life, health, resurrection, and re-
demption, I therefore most hum-
bly pray and beseech thee, helpe
me, defend me, make me strong
and comfort me: Visit me, and
receiue me, I am thy seruant and
bondman, (though euill and a sin-
ner) therefore I flee vnto thee to
be receiued: If I be vncleane, thou
canst make me cleane; If I be
sicke, thou canst heale me: If I be
dead, thou canst reuiue me, for
thy mercy is more then my sins.

and thou canſt forgive more than
I can offend: Therefore O Lord,
conſider not the number of my
offences, but according to thy great
mercy have mercy vpon me, ſay
vnto my ſoule, thou art my ſalua-
tion: O be not angry with me, but
moſt meeke Father, for thy mer-
cies ſake, forgive me all my miſ-
deeds, grant that I may truly know
thee, with my heart beleue thee,
and mouth confeſſe thee. Purifie
my heart with the fire of loue,
mortifie in mee whatſoeuer is a-
miſſe, garniſh my minde with thy
heauenly benefits, and ſpirituell
gifts: Arme my ſoule againſt the
crafty assaults of the ſubtil Serpēt,
the vaine pleasures of the world,
& the lewd luſts of the filthy fleſh.

O Saviour haue mercy on mee,
which haue committed many ſins
againſt thee, and haue miſpent the
gifts,

gifts of grace, that thou solouingly
 diddest giue me : be mercifull vnto
 me, O bountifull Lord and I
 will wholly put my trust and con-
 fidence in thy mercy. Let me euer
 dread thee, loue thee, and serue
 thee, with all my heart, mind, will
 might, power, and strength, of
 soule and body : and grant that I
 may doe all things according to
 thy will: let all my offences be for-
 gotten before thee, and make me
 perseuere in vertuous living, that I
 may order my selfe in this world
 to thy will and pleasure : let me
 depart out of this world in a clean
 and pure life, for the comfort and
 saluation of my sinfull soule : and
 most mercifull Lord I pray thee,
 to giue me stedfast faith, true hope,
 and seruent charitie, giue me thy
 grace and mercifull ayde in all my
 wayes to pursue & follow thy will

and commandements, to eschew
my owne fraile will and desires,
and false enticements, so in this
life I may liue a true Christian,
and after death, behold thy most
glorious face in Heauen, Amen.

*A deuout Prayer for all
Christians.*

O Lord, which hast vouchsaf
of thy vnspeakeable good-
nes, to make and ordaine me thy
creature, to liue in this transitory
life giuing me a reasonable soule,
by which I know thee, my Lord
& my God. O most blessed Lord,
I wretched sinner, cōfesse my wic
ked and abominable sins, I hum-
bly aske thee mercy & forgiuenes
for the same, grant me thy strength
to stand sure in faith, thy know-
ledge to work thy blessed will, thy
power to resist all errors, and wic-
ked

Redi maginations: thy wise do me to
know the truth, giue me thy help
I humbly beseech thee that thy ho-
lie spirit may guide me, and all the
thoughts and desires of my heart,
for the thoughts of men are mise-
rable, & their deeds vncertain: cō-
fort therefore my soule, let it walke
in thy lawes, & waies: & workethy
wil, suffer noworldly perswasions
to take place or root in my heart,
but by thy holy spirit, so direct my
wayes & worke that they may be
acceptable in thy sight. Suffer not
my soule to perish, whō thou hast
so dearely bought, but haue mer-
cy vpon me make me poore in spi-
rit, low in heart, content with my
calling, & let my soule rest in thee
let me loue thee as a Father, a for-
giuer, a Saviour, and feare thee as a
Lord, a iudge a reuenger. O Father
put from me: my sin & wickednes
make

make mee to walke in the way of
thy commandements: let me rene-
rently feare thee, and stand in awe
of thy iudgments, let me loue thee
as a Sauour, honour thee as a
Lord, and feare thee as a Iudge,
Grant me grace to set thy feare be-
fore me, to stand in awe of thee, &
of thy iudgements, that I doe no-
thing to prouoke thy heauie dis-
pleasure against me, that I may
walke in thy feare and holy ordi-
nances, and imbrace those vertues
that shall euidently declare my
faithfull loue, true honour, vn-
fained repentance, and humble feare
towards thee. Haue mercy, pittie,
and compassion vpon me most mi-
serable sinner, for my offences are
horrible, great, and grievous, but
I appeale to thy mercy, which is
aboue thy workes: O let me liue
with thee eternally, and not die
though

though I haue deserued it, make
me a vessell of thy mercie, that
I may prayse thy name, let not my
sinnes seuer me from thee, but let
me magnifiethy power & mercy,
(O) gracious God, giue me true,
heartie, earnest, & vnfained repen-
tance, that I may from the bottom
of my heart cōtinually lament my
manifold sins and transgressions,
my vnthankfulnesse towardsthee,
for all thy mercifull benefites a-
bundantly bestowed vpon mee.
Alas that euer I became so wicked
and vnkind a creature, to displease
so good a Lord, so louing & mer-
cifull a Father. O forgiue me all
my sinnes that euer I haue com-
mitted against thee, let me neuer
more offend thee but alwaies glad-
ly serue thee in righteousness and
holinesse all the dayes of my life,
governe and guide my heart in
thy

thy faith, feare, and loue, that in
all my thoughts, words, and deeds
I may glorifie thy holy Name, to
whom be all glory, prayse, power,
and dominion, now and euer-
more, Amen.

*A faithfull Prayer, very fit
for all persons.*

O Most excellent goodnesse,
withdraw not thy mercy O
most mighty Maker, despise not
thy worke, O most prudent Re-
deemer, suffer me not (the price of
thy redemption) to perish. O most
gentle, ghostly, and heauenly
hoast, purifie, saue, dresse, & keep
thy house and dwelling place in
me. O most blessed charitable,
sweet, and bounteous Iesu O most
excellent, glorious, mercifull deare
Iesu and sweet Sauiour, haue mer-
cy vpon me, & freely forgiue me
all

all my finnes. O make me loue thee, turne to thee, and be sorry, & contrite for my wickednesse, let me remember thy benefits, meeknesse, painefull and bitter passion; thy patience, obedience, loue, and charity: sanctifie me, that I may worship thee, magnifie thee, and heartily loue thee with true reuerence and deuotion. As thou art most dreadfull, make me to dread thee: as my Father to loue thee, as my Lord to serue thee: dwell in my soule by grace, mercy, charity, and cleannesse. O wound my heart with thy most holy wounds moist my minde with thy most precious bloud, that whatsoeuer I doe, or wheresoeuer I turne me, I may behold thee crucified and thus beholding thee, I may fix my mind on nothing but only on thee: and I beseech thee
that

that thou wilt vouchsafe of thy
 goodnesse to direct, sanctifie, and
 keepe my soule, and my bodie, my
 senses, talke, communication, and
 all my doings in thy holy lawes,
 and workes of thy **C**ommande-
 ments : that thy holy Angel may
 be with me, to direct, me in the
 way of peace, truth, and health,
 that I may be whole, safe, and free
 in thee, and by thee, both here
 and in the world to come. Heare
 me and saue me, O King of glory,
 which liuest and raignest world
 without end, Amen.

*A very good Prayer to God, to take
 from vs all euill things, and to
 giue vs all good things.*

Give O Lord God, vnto my
 heart repentance, to my spi-
 rit contrition, to my eyes a foun-
 taine

taine of teares, to my handes abundance of Almes, and put out of me the desire of the flesh, and kindle in me the fire of thy loue, thrust out of me the spirit of pride and vaine glory, and giue me true humilitie: take away from me O Lord, the fury of anger, and giue me the buckler of patience, pluck from me rancour, and malice of minde, and giue mee meeknesse of soule, giue mee (most gentle Father) stedfast faith, sure hope, and continuall charitie. O God turne from mee vanitie, vnconstantnesse of minde, wantonnesse of body, lewdnesse of talke, a high minde, excesse of dyet, euill speaking of others, couetousnesse of riches, greedines to rule, desire of vaine glory, the vice of flattering, despising the poore, oppressing the weake, vnlatiable avarice, and
deadly

deadlie blaſphemie.

Take from me vndeſcent raſhneſſe, ſtubbornneſſe, vnquietneſſe, idleneſſe, fluggiſhneſſe, dulneſſe, blindneſſe of heart, obſtinacie of vnderſtanding, crueltie of condition, diſobedience of that is good and giue me O God for thy deare Sonnes ſake, the workes of mercy and affections of pietie, to ſuffer with the afflicted, to counſell the euill, helpe the miſerable, ſuccour the needy, comfort the ſad, ayd the oppreſſed, relieue the poore, mone them that weepe, pardon my debtors, ſpare them that offend me, loue them that hate me, doe good for euill : embrace vertue, rejeſt vice, & liue in all goodneſſe. O God, make me rich with thy gifts, defend me with thy muniti- on, giue me the ſtrength of thy Saluation, be my ſhadow in the day

day of battell: my deliuerer in the
time of affliction, my ayd in tribu-
lation, my light in saluation, and
condu& me to thy euerlasting rest
that I may liue with thee in eter-
nall glory, Amen.

*A very good Prayer for Gods ayde,
forginenesse of sinnes, and life
euerlasting.*

O Christ, that callest all men
vnto thee, spread forth the
beames of thy light, that we walk
not in darkenesse, for thou art the
way to heauen, and sunne of righ-
teousnesse: in thy Crosse, we tri-
umph: in thy shame, we glory: by
thy paine, we haue peace: in thy
teares ioy, in thy sorrow, comfort,
in thy death, life.

I humbly beseech thee there-
fore, poure vpon me the spirit of
wisdome, grace, and mercy, with
the

the force or his beames, to drine away the darkeneſſe of my minde, and with this fire, purifie my peruerſe affections, with his celestial Lamp, kindle in my heart the true zeale of glory, with his holy ointment, embalme my conſcience, with his Fatherly oyle, to reſreſh my bowels, and with his vertue renew in mee an vpright ſpirit, to cleaſe my ſoule from dead works and replenish me with righteouſnes, that I may overcome Sathan, the world, the fleſh, and my luſts, about all let me haue the true conſolation of a faithfull ſoule, his joy quiet & content. Thy holy Word is vnto vs the Image of glory, the Law of thy Kingdome, the ladder to Heauen, the Gate to Paradiſe, the treaſury of piety, vertue, wiſedome, conſolation, and perfection, yet the grolleneſſe of our fl. ſh. iſto
ignorant

ignorant and peruerse, that it will neither see thy spirituall riches, nor heare thy true and wholesome doctrine: but taketh the Thorne for the Rose, the Leafe for the fruit, and the Huske for the Kernell.

I humbly beseech thee therefore, most mercifull Father, to guide me in the vnderstanding of thy truth, and instruct mee by thy spirit to make mee perfect in the principles of saluation, the true knowledge of thee, and of faith, pietie, and righteousness, to beleeue in thee, and in Iesus Christ thy onely Sonne: to glorifie thee. loue thee, feare thee, & serue thee. Grant that my thoughts may be replenished with stedfast hope, supported with assured expectation, to obtaine the celestiaall riches which no eye hath seene, eare, hath

hath heard, or vnderstanding comprehended; that I may behold thy countenance, liue in thy Kingdome, inioy the society of the Angels, be a fellow heire with the glorified spirits, to be fully vnited vnto Christ, and by him to the Father and Fountaine of eternall life, & so possesse euerlasting joy: and let the hope of enioying that happinesse be my thought, pleasure, labour, habitation, and onely vocation and grant me grace to turne my course, that in the end I may obtaine the diadem wherewith thou crownest thine Elect, that I may prayse and magnifie thy name, world without end, Amen,

*A Prayer for remission of sinnes, and
to God to assist vs to liue well
and to free vs from sin, and*

*to liue in Heauen
eternally.*

O Lord my God I will glorifie
& prayse thee with thankes-
giuing, giue me thine ayde, saue &
deliuer my soule out of the deepe
Dungeon, keepe me from the pit
of destruction, take all trouble
from me, let my life be agreeable
to thy desire, take away my eue-
ning lamentation, and giue mee
the ioy of the morning consolati-
on. O Lord heare me, haue pittie
vpon me, and be mercifull vnto
me, take me from all heauinesse,
fill me with thy gladnesse, that I
may render thee thanks and my
tongue sing thy praises without
ceasing. Haue mercy vpon me ac-
cording to thy benignitie, for I
am oppressed with sins & offences
absolue, purge, and wash me from
all

all iniquitie. Put me not from thy
presence, giue mee a right spirit,
the comfort of thy saluation, and
rest to my poore conscience, that
I may be sure of the free remission
of all my hainous sinnes. Giue me
(O Lord) a mouth, and wisdom
to resist my aduersaries: keep mee
pure and vndefiled in thy law, and
that I may doe nothing but that
thou requirest of me: let me neuer
want sure hope and firme trust in
thee. Fasten and imprint thy lawes
in my heart, that I neuer sinne a-
gainst thee: Teach me thy iudge-
ments, and giue mee a readie will
to performe them, fortifie me with
thy word, and let my heart be en-
clined vnto it, and not to couetous-
nesse, pride, or any other wicked-
nesse. Instruct mee in that that is
good, be thou my portion, and for
thy mercies sake, haue mercy vpon
on

on me : keepe me diligently, and
 watchfully, & let not my feete slip
 shadow me with thy right hand,
 & keepe me safe from the wicked
 Deliuerm me from alleuils, guide
 my going forth, and comming
 home, and keepe my soule from
 sinne. Let me O Lord, cry vnto
 thee and heare me speedily : let
 my prayer be as sweet Incense be-
 fore thee, that I may call vpon
 thee daily and continually, keepe
 me from euill, and let me not liue
 dissolutely : defend me from im-
 pietie and all erroneous and foule
 offences, let me cast mine eyes
 vpon thee, hope onely in thee,
 and stay me wholly vpon thee.
 Saue my soule let not it perish, and
 deliuer me from the vanities of
 the world, enticements of the flesh
 suggestion of the Devill, and the
 snares, ambushes, and deceit-
 full

full conspiracies of the wicked,
that I may laud and prayse thy
holy name in this world, and in
the world to come. To our God
eternall, immortall, invisible, and
onely wise, be all honour and glo-
ry, both now and evermore, A-
men.

*A very earnest Prayer for Gods
ayde, and forgiveness of
our finnes.*

O Father, I beseech thee for
the loue of thy Sonne, bring
my soule out of prison, to prayse
thy holy Name, deliuer me from
the bonds of sin, and restore me to
life everlasting: when shall I come
and appeare before thy face: when
will the Comforter come I waite
for? when shal I see the joy I look
for? and be satisfied with the glo-
ry

ry I long for? Strike Lord my hard heart with the strong point of thy dear loue, pierce it with thy mighty power vnto the very bottome, that my head may bring forth water, and mine eyes a fountain of teares, to mourne and lament my manifold sinnes and offences,

I beecseech thee kneeling on my knees, and humbly intreat thee, that thou wilt with the eyes of pitie, looke vpon me thy vnworthy seruant, and haue mercy vpon me. O Christ, whom I haue greatly offended in thought, word & deed Pardon my offences, and clearely forgiue me all my sinnes. Heale my iniquities, and I shall be safe. Gouverne and defend mee, strengthen and comfort me, despise me not O Lord, nor note the number of my sinnes, but according to the multitude of thy mercies pittie

H 2

me,

me, fauour me, haue mercy vpon me, and forgiue mee a most grievous sinner. Convert me O Lord, and for thy mercies sake keepe me that I may with true repentance, heartily bewaile my sins. Saue me for thou art the true safe-tie, haue mercie on my sinfull soule, lose the bands thereof, blot out my transgressions, ayd me and forsake me not, O God of my comfort. O my soule, lament, mourne, & weepe, till thou be joy-ned to thy Bridegroom Christ. Thou bidst me knocke, O Lord open vnto me, strengthen mee that am weake, restore me that did perish, raise me that was dead, guide and governe all my senses, thoughts, and deeds, that henceforth I may serue thee, loue thee, and liue with thee Grant me an humble and contrite heart, with
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abundance of teares, and sorrowfull soule for my sins. Giue me compunction of heart, humilitie of mind, and a pure conscience. O Iesu pardon my soule, pardon my sinnes, my evils, and my offences. Let mee earnestly desire, advisedly search, truely know, and perfectly fulfill all things that please thee. Giue me thy heavenly comfort, despise not my sinfull soule, forgive me all my sins, and bring mee to thy holy habitation, for my Saviour Iesus Christ his sake, Amen.

*A good Prayer for Gods assistance
and repentance.*

O Loving Father, haue mercy vpon me, pardon my frailtie, ayde me in infirmities by the power of thy grace, strengthen me against the concupiscence of the
H. 3. filthy

filthy flesh, the illusions of the foolish world, & the subtile assaults of Sathan, that I may grow in all goodnesse and heavenly perfection. Of thy Fatherly goodnesse heare my prayers, & for the glory of thy name forgive me my sinnes, & grant my petitions, look favourably on me thy fraile and wretched creature, humble my heart to the repentant confession of my sins, giue me the helpe of thy holy Spirit, to amend my sinfull life, blesse and guide all my thoughts, words and workes with thy heavenly grace, that I may in all things obey thy heavenly will. Reforme me, blesse me, and in thy tuition preserve me, poure forth the abundant bounty of thy good gifts vpon me, that in the riches of peace, joy, & loue, I may prayse and magnifie thee. O mercifull Father,

ther that hast deliuered me out of
the bands of death and darkenesse,
haue mercy vpon me, and for thy
sweet Son my Saviour Christ his
sake, comfort, guide, and streng-
then me in thy holy Spirit, hold
continually thy holy hand over
me, that no flattery, illusions, nor
inchâtment of this world deceine
me, and that no troubles, malice,
stripes, persecution, feare, tyran-
nie, torments, nor death, may e-
uer separate me from thee: but de-
spising the world, the flesh, and
the Devill, I may in joyfull hope
waite for, and desire the com-
ming of our Redeemer, for the de-
livery of the blessed Saints to ap-
peare in thy gracious presence, in
our renewed bodies, glorified, and
immortall, there to dwell with
Angels, & Archangels, evermore
praising thy heavenly Majestie. O

Lord, that hast made vs the children of light, haue mercie vpon me, yea, Lord haue mercie vpon me; and for thy names sake looke favourably vpon me, stand fast by me, let me be constant in faith, humble and obedient to thy holy will, and correction, patiently waiting thy good pleasure and determination in all things: make me abound in loue and meeknesse, rejoyce in vertue and true holinesse, and glad my heart in the assured truth of thy promises, helpe me with thy grace: pardon my weaknesse, and deliuer me from the evils I haue deserved, and in all troubles, wealth, neede, health sicknesse, joy, sorrow, life, and death; make me put my whole stay, hope, and helpe in thy Fatherly mercy and goodnesse. Relieue me with thy grace, strengthen
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then me with thy holy Spirit, that I may overcome and vanquish all the suggestions, temptations, and conspiracies of Sathan, and his infernall Armies: withstand the malice, persecutions, and troubles of this wretched world, triumph in heavenly victorie, and wholly rejoyce in the praying and lauding of thy holy name, now and for ever, world without end, Amen.

A Prayer for remission of finnes.

O Sovereigne Creator of all things, when I consider thy Majestie, whom I have with my sins offended, I doe shudder at my owne misdeedes, and I abhorre my wickednesse, because I have forsaken so gracious and bountifull a Father, vouchsafe therefore most mercifull God and loving Father, to pardon and forgive me all my

H 5

vanities

vanities, misdeedes, and offences;
govern and guide me by thy holy
spirit in all my wayes, that I may
liue all the dayes of my life accor-
ding to thy holy and heavenly
Commandements. By the multi-
tude of thy mercies, wipe away
my iniquities, let my suite enter
into thy presence, and saue me
thy servant, shew me thy mercies
comfort my heart with the celestiall
all joy, and pleasure of thee: that I
may for ever rest with thee in the
land of the living. Haue pittie vp-
on me, & according to the multi-
tude of thy great mercies, wipe a-
way my sins, and cleanse me from
all my vnrighteousnesse, draw my
soule out of sinne, vnto the liuely
fountain of the life everlasting: fill
my mind with the streames of thy
pleasure, and overcome my heart
with the sweetnesse of thy Love
and

and grant that I may long with al
my heart, and labour with my
whole endeavour, to attaine to the
vnconceivable joyes of the life e
verlasting: embrace me with thy
armes of mercy, shew me thy lo-
ving countenance, plucke me from
the earth, and earthly things, o-
pen my mouth to call vpon thee.
my eares to heare thee, my eyes
to behold thee, and let all that I
doe say, heare or see be onely to
thy glory. Let thy grace still ac-
company me, let me continually
crave it, & earnestly endeavour to
keep it, scourge from me the spots,
which by my daily sins I haue cast
vpon the whitenesse thou gauest
me, that I may be pure and cleare
before thee. Bind vp the fores of
my sinfull soule, wash it with thy
precious blood, annoint it with
the oyle of holinesse, repaire that
heavenly

heavenly image within me, by ſin
 defaced, and againe adorne it with
 thine owne righteouſneſſe, that I
 may ever hereafter prayſe thee.
 Mortificall my deſires of wealth,
 pleaſure, riches, glory, favour and
 all earthly things whatſoeuer, and
 that I may euermore readily and
 willingly doe thoſe things, that
 may pleaſe thee. Giue me con-
 ſtancy and ſteadineſſe of purpoſe
 that my thoughts may not bee
 found fleeing or vneffectuall, but
 that I may with an vnmoouable,
 mind doe all things for my com-
 fort, and to the honour and glory
 of thy holy name, through Ieſus
 Chriſt my Lord & Saviour, Amen.

A Prayer for remiſſion of finnes.

Righteous, and mercifull God
 which art cleare from ſpot,
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and sin, I miserable and wretched sinner, acknowledge my wickednes, and with humble and sorrowfull heart, bewaile my filthinesse, whereby I haue polluted that Image imprinted within me at my first Creation. I openly confesse, that many and great are my sins, my offences wonderfull, my transgressions infinite, even as the sand of the Sea, that cannot bee numbered, for all my cogitations are prone to euill evermore: who knoweth O Lord his sin, and can recite his transgressions? I confesse my offences, and my sinne is alwayes before me: against thee only haue I sinned, and done euill, I was borne in sinne, and those sins, haue I multiplied in my dayly transgressions, and haue deserued thy displeasure: therefore I appeale vnto thy mercie O Lord, beseeching

seeching thee not to enter into
judgment with thy seruant: but
according vnto thy great mercie,
haue mercie vpon me; and ac-
cording to the multitude of thy
mercies doe away mine iniquities

Wash me throwly from my
sinnes, and cleanse me from my
offences: for thy names sake, be
mercifull to my sinne, for it is
great: remember not the sinnes
of my youth, nor my rebellions,
but according to thy kindnesse
remember mee, for thy good-
nesse sake: remember thy ten-
der mercies, and loving kind-
nesse which haue bene for ever:
remember I am flesh. that pas-
seth away, and commeth not a-
gain: Leauē therefore thy dis-
pleasure against me, be not an-
gry with me for ever: deale not
with me according to my sinnes,
neither

neither reward me after my iniquities, but conduct me. O Lord, and turne away thy displeasure against me : shew me thy mercies, and grant me thy salvation; I confesse most mercifull God, it lieth not in my power to purge and put away my sinnes, and purchase thy fauour : but it is onely the passion, and most innocent death, of thy deare Sonne my Lord Iesus Christ, that is a sufficient reconciliation for my sinnes, and for the sinnes of the whole world : for his bloud which was shed for me, doth cleanse mee from all my sins : and if I confesse my offences, thou wilt forgiue me all my sinnes, and cleanse me from all vnrighteousnesse : wherefore in such hope of this thy mercy promised by thy Sonne, I am bolde with deepe sighes, from
my

my heart, to cry Lord forgiue mee
mine offences, remit mine ini-
quities, cover my sinnes, and
impute not my faults vnto mee :
purge me O Lord, from my se-
cret faults, keepe me from pre-
sumptuous sinnes, let them not
raigne over me, but purifie me
from all my wickednesse : let me
taste the sweetnesse of thy benig-
nitie, that I may be secure, and
certaine of the remission of my
sinnes, through the bowels of thy
mercies : that I may perceiue in
my minde, comfort, peace, and
gladnesse of thy holy spirit, which
may begiune a new life, in mee
pleasing thee : quench all vaine
motions in mee, and restore in
me the image of thy diuine light,
which was lost : that being deli-
vered from my sinnes. and out
of the hands of mine enemies, I
may

may serue thee in feare, in righteousness, and holinesse, all the dayes of my life, through Christ in whom thou art well pleased, and for whose sake, all my workes howsoever vnperfect, are acceptable in thine eyes. O most mightie Maker, despise me not thy worke. O most excellent goodnesse, withdraw not thy mercie from me. O most prudent Redeemer, suffer me not to perish, whom thou hast so dearly bought. O most gentle, ghostly, and heavenly host : purifie, saue, dresse, and keepethy house and dwelling place in me, which thou hast sanctified, and dedicated vnto thee in my Baptisme. O most blessed Iesu, haue mercy vpon mee, make mee to loue thee, and to bee sorry, and contrite for my sinnes. Turne me
vnto

vnto thee, by grace, that I may remember thy benefits, and thy painfull and bitter death, and passion. Grant me to sanctifie, worship, magnifie, and loue thee heartily. Moisten my minde with thy most precious bloud, that whatsoever I see, I may behold thee crucified, that thus beholding thee, I may fixe my minde on nothing, but onely on thee, and liue most carefully to serue thee, and after this life, rest everlastingly with thee, which livest and raigest with the Father, and the holy Ghost, one God world without end, Amen.

An excellent Prayer, meete for all persons, and to be sayd at all times.

GRaunt O mercifull Father,
 That I never commit any
 thing

thing that shall offend thy fatherly goodnesse, but that I may eschew all vice, embrace all vertue, liue in thy feare, call vpon thy holy name, learne thy godly commandements, heare thy holy Word, avoyde all idleneffe, and walke in my vocation, to the glory of thy holy Name. Send thy holy Spirit of loue and concord, that I may be content with my calling, liue quietly in the same, doe good to all men, and order my life according vnto thy godly will. Grant me to covet with an ardent mind those things which may please thee, to search them wisely, to know them truly, and fulfill them perfectly, to the laud and glory of thy name: order my living so that I may doe that which thou requirest of me: giue me grace to know it, and haue a will.

will and power to doe it, and that I
may haue thoſe things which are
moſt convenient for my Soule.
Gracious God, make my way
ſure, and ſtraight, that I fall not
betweene proſperity and aduer-
ſitie, but in proſperitie to thanke
thee, and be patient in aduerſitie,
and that I be not liſt vp with the
one, nor oppreſſed with the other,
that I may rejoyce in nothing,
but that which pleaſeth thee, nor
be ſorrie for any thing, but thoſe
that offend thee, deſiring to
pleaſe none but thee, nor fearing
to offend any but thee. O loving
Father, make all worldly things
vile vnto me, and be thou my e-
ſpecial comfort aboue all: let me
not be merrie, but with that
which pleaſeth thee, and let me
deſire nothing but thee. Let all
labour, delight me that is for thee,
and

and let all the rest wearie mee :
 make me lift vp my heart vnto
 thee, and when I fall make me
 to thinke on thee, and be sorry for
 the same, with a stedfast purpose
 of amendement. Graunt the faith
 in thee, and grace I beseech thee,
 to be occupied in doing of good
 workes to thy glory and my com
 fort, and to trust in thy mercies,
 & in Christ his merites to be pur
 ged from my sins. Giue me grace
 to loue thy Word fervently, to
 search the Scriptures diligently, to
 read them humbly, to vnderstand
 them truely and to liue after them
 effectually, that my life may be
 acceptable vnto thee. Teach me
 so to pray, that my petitions may
 be graciously heard of thee. Keepe
 me vpright among diversitie of
 opinions, that I swerue not from
 thy truth, Giue me I beseech thee

a true spirit, that no curious thoughts, nor filthy affections withdraw me from thee. Graunt me grace to know thee, diligently to please thee, and hope to embrace thee for the precious blood sake of that immaculate Lamb Jesus Christ: to whom with the Father and the holy Ghost, be all honour and glory world without end, Amen.

*A Prayer wherein a sinner desireth
God to heare him, and for-
giue him his finnes.*

O Lord how long wilt thou reject my prayers which daily I poure out before thee? Wilt thou O Lord, heare me at no time? Or wilt thou cease to shew mercy? O cry vnto the Lord O my soule, and say, Hast thou O Lord

Lord cast me away for ever? or wilt thou neuer hereafter be pleased with me? favour me O righteous Father, for Iesus Christs sake that the sighing, and inward groaning of my heart, may moue and incline thee to heare me: graciously O Lord, grant me thy mercie, and performe the Covenant which thou hast made with me, Hold thy holy hand ouer me, and keepe me from sinne, then shall I feare neither Death, nor Hell, and as thou hast alwayes beene mercifull to penitent sinners, so now good Lord forgiue me my sins. In the zeale of my heart, I beseech thee to keepe me in the feare of thee, then shall I rejoyce in thy mercy, for that thou hast looked vpon me, & regarded my soule in distresse. Keepe me in thy sheepfold, O shepheard of my soule, and let

let me neuer hereafter wander f. o
thy wayes, nor leaue me in trou-
bles: behold my weaknesse is best
knowne vnto thee: Looke O
Lord vpon my sorrow, and for-
giue mee my sinnes. Mollifie my
heart, that I may turne vnto thee,
and walke in al lthy wayes, for I
haue walked overlong in the way
of sinners: my prayers O Lord
are poured forth before thee, let
thine anger be turned from mee,
& let me find fauour in thy sight.
Lookenot on the hardnes of my
heart, but as thou alwayes shew-
est mercie, so now be mercifull
over me, and forgie me all my
sinnes. Spare me I beseech thee,
and shew on me the abundaunce
of thy mercy, which hast taught
me in Christ Iesus to call vpon
thee in my necessities. Giue mee
grace to acknowledge my owne
infirmities

infirmities, that I depending up-
on thy mercifull goodnesse, may
with a strong and stedfast faith,
& with a penitent heart, continu-
ally call upon thee, for thy grace,
mercie and pardon. Hearken O
most mercifull God, for thy great
mercies sake, to these my humble
prayers which I make before thee
and consider O Lord, the desires,
and thoughts of my heart, let my
crying out come unto thee, and
at my unfained prayers enter into
thy presence. Heare me O Lord,
for I want thy helpe, care for my
soule, save me thy servant, which
trust in thee. Have mercie O
Lord, have mercie vpon me, for
I will never cease crying to thee
for helpe and mercy. In the day
time I will call vpon thee, and in
the night I will cry unto thee. O
God of heaven, and maker of all
I things

things, heare me a most wretched creature calling vpon thee, and take from me all my sinnes, Plant in me O heavenly Father true obedience of thy word, let not the cares of this world deceiue me keepe mee from all vncleane desires: graunt me grace to walke before thee with a good and pure minde, that I may receiue the reward provided for thy sons and servants. Increase my faith and loue, increase in mee a sure hope of my salvation, increase strength in mee to overcome and stand against al temptations. Let thy holy Angell keepe and conduct me, that I may evermore walk before thee in godlinesse & righteousness of life: make stedfast my faith in thy mercifull promises, that I trusting in them, may haue everlasting life, through Iesus Christ thy

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Son our Lord & Saviour, Amen.

A Prayer for a reformed life.

O Heavenly Father, and mercifull God, which of thy only goodnesse, hast created and made mee vnto thy owne similitude and likenesse: I heartily pray and beseech thee, remember not my sins and vnrighteousnesse, neither suffer thy grievous plagues to hang over me, I haue sinned, and hainously offended thee, yet I beseech thee, of thy mercy & benig-
nitie to behold mee thy vnwor-
thy childe. I doe not prostrate my selfe before thee, in praise of my righteousness, but in the multitude of thy mercies. I hum-
bly beseech thee most holy Fa-
ther, be no more angry with me,
but turne thy wrath from me, and
kindle in me the loue of thy ho-

ly spirit: breake O Lord, my stonie heart, and make it a fleshie heart: that I may feare thee, love thee, and have pleasure in thee: Grant me a true understanding of thy word, to love that is to be loved, to desire that which pleaseth thee, to regard that which is precious in thy sight, and to refuse that which is evill before thee. Give me (O Father) a sorrowfull and penitent heart, that I may humbly serve thee all the dayes of my life. When I fall into sinne through frailtie, worke I beseech thee true repentance in my heart: that I may be sorrie, without desperation: that I may amend my life, and become truly righteous, without hypocrisie: lowly in heart, without fainting: faithfull and trustie, without deceit: content with
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my owne, without couetousnesse,
to tell my neighbour his fault
charitably : to pay eucry man
truely ; back-bite no man, nor
flunder any secretly : to abhorre
all vice, and loue and follow all
goodnesse earnestly, grant this O
Lord, for the glory thy holy
name, Amen.

*A confession of sinnes, and a prayer
for forginnesse of them.*

O Almighty God of Israel,
my soule that is in trouble,
and spirit that is vexed, cry vnto
thee, heare me O Lord, and haue
mercy vpon me, for I haue sin-
ned against thee. I heartily pray
and beseech thee in the bowels of
thy mercy, to looke downe from
heauen, vpon me thy poore ser-
uant, whose sinnes be infinite, and

innumerable, most haynous and insupportable : but as they be grieuous and without number, so is thy mercy, more abundant and without end. Thy mercy is aboue all thy workes : more able to saue, than my sinnes to condemne. Thou O Christ art that good *Samaritan*, that pourest the Oyle of grace into our wounds, thou art the onely true sacrifice and oblation once offered for the sinnes of the whole world. Therefore O sweete Sauour, for thy bitter death and passion, and for the glory of thy name, bee mercifull vnto me, and forgiue mee all my sinnes. Grant that as through my wicked life, thou hast beene dishonoured, so thorow my godly conuersation, and integritie of life hereafter, thou mayest be euer glorified. Forgiue.

giue me, (O my Saviour) all my
sinnes, I most humbly beseech
thee, and keepe me euer hereafter
from all sinnes, Grant me the as-
sistance of thy grace and holy Spi-
rit, to direct my wayes, and guide
my pathes, that I may be inno-
cent from all offences, and that
in all things, I may honour and
praise thee, together with the
heavenly Father, and the holy
Spirit, now and for euermore,
Amen.

*A Prayer in aduersitie, and
for mercy.*

Almighty God, which for
my ingratitude, and finfull
life, hast worthily punished mee
with affliction and aduersitie, I
most humbly beseech thee, to
giue mee grace vtterly to detest

and abhorre my former wretched
and ſinfull life, and ſtudy daily
for the amendment of the ſame :
and I am fully perſwaded, that
this affliction hath not come vn-
to me by caſualtie, but by thy
permission, and determinate
pleaſure, and that thou doeſt beate
me with thiſ thy Rodde of cor-
rection, becauſe thou wouldeſt
nurture me, and call me to vn-
fained repentance for my for-
mer life, to be more circumſpect
of a good life : to exerciſe my
faith in thy godly promiſes, to
try me whether I will be pati-
ent, and conſtant in aduerſitie :
to make me abhorre vaine plea-
ſures of thiſ life, and with ſeruent
and continuall deſire, long for
the life everlaſting. Therefore I
heartily pray thee, to ſtrengthen
my Faith, Hope, Charitie, and
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meckenesse, that I may patiently
 beare this thy fatherly chastise-
 ment. And grant me that I may
 daily increase more and more in
 loue towards thee, for I hope all
 things shall happen to the best,
 whether it be prosperitie, health,
 sicknesse, life, or death, and
 therefore I wholly submit my
 selfe vnto thee, and resigne all
 my will to thy most godly will
 and pleasure, hoping that thou wilt
 end this affliction to thy honour
 and glory, and to my most profit,
 wealth, and euerlasting salvation,
 through Iesus Christ my onely Sa-
 uiour and Redeemer, Amen.

*A godly Prayer to be said by all
 persons at all times.*

A Almighty and most merci-
 full Father, grant that aboue
 I S, all

all things, I may rest in thee, and fully set my heart vpon thee, for thou Lord art the true peace of the heart, and the perfect rest of the soule: wherefore thy will in all things be done in me cast out of my heart all vnprofitable cares of worldly things, and suffer me not to be led with the vnprofitable desires of earthly vanities, but grant me grace that all worldly, and carnall affections, may be mortified and die in me.

Grant mee the strength of thy holy Spirit, to subdue this body of sinne, with the whole lustes thereof, that it may be obedient both in will, mind, and members, to doe thy holy will: grant me grace that I may esteeme all things in this world transitorie, and my selfe with them, drawing toward my end, O Lord God
which

which art sweetnesse vnspokeable, turne into bitternesse vnto me all transitory and earthly delights which may draw me from the loue of eternall things: and for all worldly comforts, giue me the sweet comfort of thy holy Spirit, for thou Lord art my stay, my hope, my Crowne, and my glory: blesse me that for the loue of thee I may not set by the pleasures of this world, but crucifie the flesh, and the lusts thereof, so that in a cleane and pure conscience, I may offer vp prayers vnto thee, and be accepted to haue company with thee, together with the holy Angels and heavenly spirits. O euerlasting Light, send downe the beames of thy brightnesse, and lighten the inward parts of my heart, that I may walke in thy lawes, and com-
man-

mandements. Giue me grace to
 rest in thee aboue all things, a-
 boue all glory, honour, dignitie,
 and power, aboue all health, beau-
 tie, riches, and treasure : aboue all
 ioy, pleasure, fame, and prayse :
 and aboue all mirth, and conso-
 lation, that mans heart may fee-
 le or take besides thee. For thou
 Lord art most good, wise, and
 righteous: most high mightie, and
 comfortable, most beautifull, lo-
 uing, and glorious, in whom are
 most perfectly all treasures of
 grace and goodnesse. Therefore
 whatsoeuer I haue beside thee, is
 nothing ynto thee; for my heart
 may not rest, but onely in thee.
 O Lord, who shall giue me the
 wings of perfect loue, that I
 may flie from these worldly mis-
 eries, and rest with thee? O King
 of euerlasting glory, my soule cry-

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eth vnto thee, with continual gro-
nings, and faith, how long tarri-
eth my Lord God to come vnto
me? when shall be the end of
those miseries? when shall I be
delivered from the bondage of
sinne: when shall I haue my mind
onely fixed on thee, and be mer-
rie in thee, with perfect ioy and
gladnesse, when shall that blef-
sed houre come, that thou shalt
visite me, and make me glad with
thy blessed presence? when shall
I come vnto thee, and enioy those
sweet contemplations, which thy
blessed Angels haue alwayes?
when shall I stand to behold thee
and haue full sight and contem-
plation of thy glory? when shall
I be with thee in thy Kingdome
which thou hast prepared for
thine elect, that I might behold
the blessed mansion of thy hea-
uenly

uenly Citie, and the most cleare
 day of eternitie, which thy hea-
 uenly Citizens know and feele
 the joy of, but I the childe of A-
 dam, doe lament and bewaile the
 miseries of this wretched life,
 short and euill, full of grieve and
 sorrow, where we are polluted
 with troubles, wearied with la-
 bours, tried with temptations, van-
 quished with vaine delights, and
 fleshly pleasures of this changeable
 world, and vnmeasurably inthral-
 led in intollerable calamities.
 Wherefore O Lord arise & helpe
 me, comfort me, assuage my sor-
 row, destroy my enemies, the king-
 dome of sinne, Sathan, the world,
 and my wicked flesh: forgiue me
 all my finnes, and bring my trou-
 blesome dayes to an end. So shall
 I sing praises vnto thee O God
 of my salvation, and magnifie thy
name.

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name world, without end, Amen.

A short meditation of mans miserie.

WHat was I O Lord,
what am I, what shall I
be? I was nothing: I am now
worth nothing, and in hazard to
be worse then nothing, I was
conceiued in originall sinne, I
am now full of actnall sin: I may
hereafter feele the eternall smart
of sinne. I was in my mother a
lothsome substance, I am in the
world a corps of corruption, I
shall be in my graue a prey of
vermine. When I was nothing,
I was without hope to be saved,
or feare to be damned: I am
now in a doubtfull hope of the
one, and in great danger of the
other. I shall either be happie
by the success of my hope, or
miserable.

miserable by the estate of my danger. What I haue beene I know, viz. a wretched sinner, what I am I cannot say, being vncertaine of Gods grace: what I shall be, I am, I ignorant, being doubtfull of my perseuerance. Lord erect my present weaknesse, correct my former sinfulness, direct my future frailtie direct it O Lord, from passed euill, to present good, and future reward, for Iesus Christ his sake Amen.

An effectuall prayer, for
Grace, mercy, and forgiveness
of Sinnes.

O Heaenly God, O Father deare
Cast downe thy tender eye:
Vpon a wretch that prostrate heere.
Before

Before
O pour
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Remit
My sin
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Grant
That

Before thy Throne doth lie,
 O poure thy precious oyle of Grace,
 Into my Wounded heart:
 O let thy drops of mercys sweete,
 Remit my sinnes desert.
 My sinfull soule oppressed sore.
 With carefull clogs of sinne:
 In humble sort, most humbly sues.
 Thy mercy for to winne.
 Grant mercy then, O Saviour sweete
 To me most Wretchfull thrall.
 Whose mournfull cry to thee alone,
 Doth still for mercy call.
 Thy blessed will I haue displeas'd
 With pleasing of my minde:
 And to the lust of worldly things,
 My selfe I haue inclinde. (ers,
 Forgetting heaven & heavenly pow
 Where God and Saints doe dwell;
 My life hath almost trod the steps,
 That leades the way to hell.
 Grant now O Lord, and lodest one
 That I no more doe so; (bright
 But

But for my life in sinnes mispent,

My heart may melt in woe.

Alas I sigh, alas I sob,

Alas I doe lament :

That ever my licentious life,

So wickedly was spent.

Grant therefore Lord, with wailing

I may thy mercy craue : (teares,

O Lord for thy great mercies sake,

Let me thy mercy haue.

Restore to life my insult soule,

That else is like to die :

Then shall my voyce vnto thy Name

Sing prayse eternally.

Now blessed be the Father first,

And blessed be the Sonne :

And blessed be the holy Ghost,

By whom all things are done.

Blesse me O blessed Trinitie,

With thy eternall grace :

Forgiue my sinnes, and grant my soule

In Heaven a dwelling place.

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*A Prayer of thankesgiuing, to craue
Gods assistance, to grant vs his
grace to repent our sinnes, and
bring vs to the life everlasting.*

O Holy Father, God almighty,
which diddest vouchsafe of
thy vnspeakeable goodnesse and
mercy, to send thy onely Son from
the high Throne of thy Maiestie,
into this vale of woe and miserie,
to take our nature vpon him, and
in the same to suffer most sharpe
and bitter death, to bring our
soules to thy heauenly kingdome.
O sweete Iesus, enflame my heart
vnto thee, with the burning
beames of thy loue, and make me
euer to thanke thee, and feare to
offend thee. O sweete Iesus, my
hope, refuge, ioy and health, haue
mercy vpon mee, and be merci-
full.

full vnto me, a poore, needy, vile,
wretched, and abominable sinfull
creature, giue me remission of all
my sinnes, integritie of minde,
health of body, needfull foode
& rayment, strengthfulnesse of the
earth, vnitie of faith, subuersion
of heresies, increase of true Religi-
on, earnest devotion, willingnesse
to charitie, sinceritie in prayer, pa-
tience in trouble, joy in hope, and
whatsoeuer else is for thy glory,
my good, and Soules health, let
thy holy sweetnesse possesse my
minde, feed my soule with the ful-
nesse of heauenly & invisible things,
separate me from earthly vanities,
wholly dedicate my heart to hea-
uenly meditations, giue me com-
punction of heart, and teares to
my eyes, that I may euer bewaile
the wickednesse of my life, lift vp
my heart and mind I beseech thee
from

from the contagions of earthly
cares, to the consideration of hea-
venly joyes, that I may thinke &
speake only of thee in this life, &
after live with thee eternally. O
Lord my gracious God, and one-
ly Comforter of my soule, seeing
thou desirest that in all things I
should sincerely serve thee, and I
through thy grace desire to doe
the same, suffer me not O Lord,
any more to offend thee, or fall
into the relaps of my former fol-
lies, but make me heartily sorrie
for my offences, and that I may
never more sinne against thee.
And I humbly confesse my selfe
unto thee, that there is not on the
earth a more vile or wicked sin-
ner then my selfe. Increase there-
fore in me I most humbly be-
seech thee thy grace, and give me
humilitie: that I may perfectly
know

know thee in thy Maieſtie, and
my ſelfe in my miſerie, and yet
through thy gracious helpe I may
manfully fight againſt ſinne, and
wickednes, & gaine the victories
over all my corporall and ſpi-
rituall enemies. I wretched ſinner
confeſſe, I haue often offended
thee, diſhonoured thee, and neg-
lected thy holy precepts, which
about all things ought to be moſt
deare vnto mee. Thou O Lord,
knoweſt I am carnall, full of euill
concupiſcence, flowing in fleſhly
pleaſure, over wrapped in fond
fantasies, omitting ſpiritual exer-
ciſes, and mourning for ſinne, in
ſpeaking impatient, in hearing
godly admonitions negligent, ea-
ſily detained from doing good,
and apt to euill. O moſt mercifull
Lord, I poore and wretched ſin-
ner, am full of ſorrow and grieve,
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for that I haue grievously sinned
and offended against thee, wound
O Lord my heart with the sor-
row of most faithfull and vnfa-
ined repentance. Graunt mee
thy grace and assist me by thy ho-
ly Spirit, that I may for ever here-
after keepe my selfe from all sinne
and avoide all occasions of of-
fences. And I most humbly be-
seech thy infinite Majestic not to
forsake, nor suffer mee to be con-
demned in thy terrible judgment
but be mercifull vnto me, and let
thy dolorous Passion so helpe me
that I may be an inheritour of thy
heavenly kingdome, and enjoy
everlasting felicitie, and let thy
holy Angell so keepe me, as the
infernall enimie haue never
power over me, which, Lord, for
thy mercies sake graunt mee, A-
men.

*A Prayer to God the Father, of
thankesgiuing, and for for-
ginnesse of sinnes.*

I Offer vnto thee (O holy Fa-
ther) the sacrifice of praise and
thankesgiuing : rendring vnto
thee the values of my lips, which
of thy goodnesse hast made mee:
and of thy mercie redeemedst me.
Heare therefore O Lord, the
prayers of thy seruant, and turne
thy eares vnto mee thy poore
creature. Day and night will I
pray vnto thee beseeching thee
that the thoughts and meditati-
ons of my heart may be accep-
table before thee: that my mouth
may speake of thy righteousnesse
and my tongue set forth thy
praise. O holy Father, I beseech
thee, that the inward desire of
my heart, may moue and incline
thee

thee to heare me. I accuse my
 sinfull wayes, and craue thy mer-
 cy, and favour. O shew me thy
 mercy, and forgiue mee my sins
 Remember not the sinnes, and of-
 fences of my youth, but thinke
 on thy mercies, and thy couenant
 made in Iesus Christ my onely
 Mediatour and Advocate. It is he
 O holy Father, whom thou didst
 send to obtaine mercy for mee;
 hee was wounded for my offen-
 ces, and stricken for my iniqui-
 ties: he died for my sinnes and
 through his loue and mercy, hath
 redeemed mee. Therefore (O
 Father) for his sake forgiue mee
 all my sinnes, giue mee the true
 loue of thy law, and great hate
 of all my sins: that I may tho-
 row the merites of his death and
 passion, dwell with him and thee
 euerlastingly. And vouchsafe I

K

beseech

beseech thee to direct, sanctifie,
keepe and gouerne my heart and
body, my senses, tongue, talke, and
cōmunication in thy holy lawes,
and workes of thy Commande-
ments. Grant also G Lord that
thy holy Angell may be with me,
to direct me in the way of peace,
truth, and health: that I may be
whole, safe, and free in thee and
by thee, both in this world and
in the world to come. O King
of glory heare me, and saue me,
haue pittie and compassion vpon
me thy weake and vnworthy
childe. O Lord helpe me, shew
thy mercie vpon me, let me doe
that which is acceptable in thy
sight, and prosper me in what-
soeuer I goe about. Let me haue
an earnest desire to doe those
things that will please thee: for
vnto thee alone doe I fully and
wholly

wholly yeelde, and commit my
selfe, which workest all in all, to
thy honour and glory, Amen,

*A Prayer vnto God the Sonne, for
mercic, and forgiuenesse
of sinnes.*

I Am ashamed, O Iesu, to lift vp
my eyes unto thee, because my
sinnes are many, and are ascended
and come before thee, shew thy
mercic vpon me (O Lord) and
heare mee, my heart is faint, my
soule is troubled; O Lord, make
strong thy humble and vnwor-
thy seruant, that my ioy may be
alwayes in thee: receiue me of
thy goodnesse into thy fauour, and
shew thy mercy vpon mee, for
thou, O sweete Saviour art mer-
citull, which wilt not the death of
a sinner, but that he liue I there-
fore

fore, a most wretched sinner, beseech thee to looke vpon mee with those mercifull eyes where-with thou diddest behold *Peter* bitterly weeping, and *Mary Magdalene*, and the *Theefe* on the Crosse: and cause me through thy great goodnesse, that I may with *Peter* weepe, and worthily bewayle my sinnes; with *Mary* to loue thee with a pure and perfect loue: and with the *Theefe*, to see and behold thee in Paradise. Giue mee (O gracious Lord) a pure intention, a cleane heart and a regard to thy glory: in all my actions possesse my minde with thy presencc, and rauish it with thy loue: be thou (O Iesu) light vnto my eyes, musicke vnto my eares, sweetnesse to my taste, and contentment to my heart. I am not mine, but thine, claime mee

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as thy right, keepe mee, as thy charge, loue me as thy childe. Defend mee when I am assaulted. Heale mee when I am wounded: and let me neuer be confounded. Giue mee patience in trouble, humilitie in comfort, modestie in countenance, gravitie in behaviour, puritie in thoughts, righteousness in my actions, constancie in temptations, and victory against my Ghostly enemies. O sweete Iesu, stay my inclinations from evill, bridle my appetites with thy grace, quench in me all vnlawfull desire, keepe my eyes from vaine sights, my eares from hearing evill, grant me an earnest desire to amend my faultes: to renew my good purposes to performe good intentions: correct my errours, erect my infirmities, protect my good endeouours, al-

lay my passions, and make me able to master them, that they never draw mee beyond the rule of pietie. Make mee humble to my superiours, friendly to my equals, charitable to my inferiours, and respectfull to all. Grant me sorrow for my sins, thankfulnessse, for thy benefits, feare of thy judgments, loue of thy mercies, and mindfulnessse of thy presence, Amen.

A very good Prayer to God the holy Ghost, for remission of sinnes.

O Heavenly God, if I haue found fauour in thy sight, suffer mee a little to speake vnto thee, and bee no more angry with mee, which by thy wisdomē rulest all things. Giue mee thy holy Spirit, that being guided by the same,

same, I may neuer be confounded. O comfort the soule of thy servant, and let thy wisdom lead and guide me in the pathes of true knowledge: blessed is the man that hath his delight therein. I beseech thee my God, make thou a perpetuall abode with me, and send downe from thy throne of Maiestie, the dew of thy grace into my heart, that I may alwayes please thee. O send downe from heauen, the spirit of wisdom, that I may haue the true taste thereof: incline thine care vnto me, that these my humble prayers may ascend vp before thee. Humbly will I give attendance on thy mercifull hand, and waite for thy saving health. Behold me O God seely soule, gaping for the showers of thy grace, like a barren and dry land, O holy Spi-

rit of God, the third person of
 the Deitie, which by thy diuine
 grace orderest all things, graunt
 me the spirit of sanctification and
 holinesse, plant in mee an infallible
 knowledge of thy truth. O thou
 which art the Comforter, which
 enrichest the hearts of the faithfull
 with the sweet taste of thy word
 promised, breath into my heart
 a pure faith, that I may acknow-
 ledge thee very God, God with
 the Father and the Sonne. Thou
 seuen-folde disposer of the gits of
 God, the hope of ioy celestiall :
 powre into my heart the dewe of
 thy grace, that being filled with
 the sweetnesse thereof, I may
 obey thy blessed will. O eternall
 God, equall with the Father, and
 the Sonne, make strong my soule
 and my body, that by thy graci-
 ous ayde, I may overcome the
 assaults.

assaults of my Ghostly enemies,
and belecue, and confesse God
the Father, and Iesus Christ his
Sonne, with the holy Spirit, pro-
ceeding from them both, to bee
one God, in persons three, and
everlasting in Trinitie and Vnitie,
to whom be given, all laud, praise,
honour, and glory, for evermore,
Amen.

*A godly Prayer to the blessed
Trinitie.*

O Holy, blessed, and glorious
Trinitie, God the Father,
Sonne, and holy Ghost, three
persons, and one omnipotent and
everlasting God, three in Trini-
tie, and one in Vnitie, I prayse
thee, I worship thee, I glorifie
thee, I giue thanks vnto thee for
thy mercifull goodnesse, which
K 5 would

wouldest that I being in darknesse
of errour and ignorance, should
be made partaker of thy grace
and mercy: I beseech thee most
glorious and blessed Trinitie,
forgiue me my sinnes, haue mer-
cy vpon mee, bring to passe the
worke of thy mercifull goodnesse
begun in mee, and lead me in all
piety and goodnesse. O cause me
alwayes to thinke, speake, and doe
those things which shall be accep-
table in thy sight, that after this
life, I may haue the fruition of the
Deitie, that livest and raigest
in perfect vnitie, world
without end,
Amen.

*A Prayer for a woman with childe,
for deliverance, and forgivene-
nesse of Sinnes.*

A Lmighty & mercifull Father
which of thy gracious good-
nesse, hast created me a reasonable
creature, & of thy bountifull good-
nesse hast fructified my wombe, I
most heartily thanke thee for this
gracious gift, and for that thou hast
alwayes preserved mee from all
perils of body and soule, and hast
so moderated all my paines, pin-
ches, throwes, and pangs, that I
have hitherto right well endu-
red them: keepe mee (I beseech
thee) from all perill and danger:
and at thy appointed time safely
deliver me. Thou hast commanded
vs to call on thee in our troubles
promising to heare vs, and send
vs deliverance: saying, I am with
you

you in your troubles, and will deliver you. O most comfortable Lord, who art more readie to helpe, then we to call for helpe: more readie to giue grace, then we to aske for it: I therefore sue vnto thee and call vpon thee faithfully, and say; O Father of mercie, and God of all consolation and comfort, I thy poore handmaide, humbly beseech thee for Iesus Christ his sake, and in his blessed and holy name, that thou wilt vouchsafe to forgiue me all my sinnes & offences, wherewith I haue offended thy godly Majestie, in thoughts, delight, word, or deede: mercifully preserve me from hence forth during my whole life from transgressing thy Commandements: dayly increase in mee perfect repentance for my sinnes, and a sure purpose of amend

mendment of my life, and a diligent study to walke in thy Commandements. Increase in me also a lively faith, a sure hope; ingrat in me humbleness of heart, meekness of mind, and cleanness of conscience. Grant mee that I may be wise, sad, sober, discreet, circumspect, and well advised in all my sayings: that I may strongly overcome all the temptations of the Devill, the world, and the flesh: and whether I wake or sleepe, eat, or drinke, live or die, or what soever I doe, I may doe all to thy honor and glory. Grant me O Lord, that I may feare and dread thee, and that I may faithfully love my husband, and be obedient to his honest requests. And for the deliverance of this burthen, and thy gracious gifts, I am assured that valle thou prosper my travell,
all

all womens helpe, and Physicke is
in vaine: therefore I beseech thee,
that like as thou hast created this
child in mee, and breathed into
it the breath of life, so at such
time, as shall seeme good to thy
godly Majestie, thou wilt pro per
the birth and deliverance. I hum-
bly beseech thee, of thy Fatherly
pitty to strengthen mee in this
my dangerous labour and travell,
and so sustaine me, that I may pa-
tiently beare all my paines, and
panges, and suffer them not to
be aboute my strength: and in the
midst of all my paines, so com-
fort mee, that I may bee able to
beare them. Increase my faith,
O most mercifull Saviour: and
in the dangerous time of my tra-
vell, grant mee I beseech thee
speedy deliverance, and joyfull
beholding of my childe, that

I being a worthy Mother, may
render vnto thee honour, prayse,
laud and thankes, for thy aboun-
dant mercy, and gracious bene-
fits. And aboue all things, I be-
seech thee endue my childe with
grace, that it may be one of the
number of thine elect, baptized,
and regenerate in the holy Ghost:
and that it may at the yeares of
discretion learne to know thee,
trust surely in thy mercie, hearti-
ly loue thee, feare to offend thee,
obey thy Commandements, and
attaine everlasting joy and feli-
citie, through our Lord Iesus
Christ, who liveth and raig-
neth with thee and the
holy Ghost, world
without end,
Amen

*A Prayer of thanksgiving, for
a Woman, after shee is deli-
vered with childe.*

O Most high, mightie, and e-
ternall God, I giue all laud
and prayse vnto thy holy Name
I magnifie thy might, and mar-
ueilous workes, I render vnto thee
the Sacrifice of my thankfull heart
and vnsained lips, for that it hath
pleased thee of thy great good-
nesse, to giue vnto mee thy poore
creature, so happie, safe, and spee-
die deliverance, from my great
danger of childe-birth, and fully
restore me to my former strength.
To thee therefore, O Father, with
thy Sonne Iesus Christ, and the
holy Ghost, will I giue all thanks
and prayse, and magnifie thy glo-
rious Name, both now and ever-
more, Amen.

*A Prayer before the receiving
of the Communion.*

O Iesus Christ, holy, and eternall God, I miserable man, and wretched sinner I acknowledge and confesse, that I am not worthy the least of all thy mercies, and most vnworthy to receiue thee vnder the roose of my soule, by participating of thy most blessed body and bloud, for horrible and infinite are the sinnes wherewith I am defiled: therefore the very entrals of my heart are troubled, and my bones doe shake, because I finde my soule a most vnworthy guest, for so heavenly a supper. But thou camest not to call the righteous, but sinners to repentance: and I know, and doe constantly belecue, that notwithstanding my sinnes,
thou.

thou canst make me cleane, and
worthy, and forgiue me my sins,
and through thy power and mer-
cy, I beseech thee, grant thy
grace unto me a sinner, that I
may worthily approach to this
heauenly Sacrament. Giue me
grace before I presume to come
to the receiuing hereof, I may
examine my selfe, call my sinnes
to minde and by vnfeined and
heartie repentance rerurne vnto
thee my Lord: make mee with
heauie sobbs to confesse my sinnes,
and pardon all my offences: ac-
cept me into thy favour, cleanse
me from my wickednesse, and
forgiue mee all my sinnes. Poure
into me a true and liuely faich,
that I may alwayes trust in thy
Word, (annexed to the Sacra-
ment) which promisseth remis-
sion of sinnes. Also graunt that
receiving

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receiving this thy Sacrament, I
 may put off the old man, which
 is corruption, according to the
 lusts of errour, and be renewed
 in the spirit of my mind, and put
 on the new man which after
 God is created in righteousness
 and holines of truth: and though
 by nature I cannot liue without
 spots of sinne, yet so bleſſe mee
 that I may never willingly offend
 thee, but altogether depend vpon
 thy goodnesse: and as a true pe-
 nitent Sinner, repenting of my
 finnes, I may approach to thy
 heavenly Supper. O Christ which
 of thy vnspeakeable loue tookest
 our flesh vpon thee, and didst be-
 come a Sacrifice, and ransom for
 all mankind, and ordainedst
 this Sacrament of thy Supper;
 vnto thee doe I cry, beseeching
 thee, from the bottome of my
 heart

heart that it may please thee, to
giue mee grace with an earnest
desire, and due reuerence to re-
ceiue thy Supper, and thirstingly
to seeke for the nourishing of my
soule. Lift vp my minde, that in
feare and trembling, in faith, and
spirituall comfort, I may ap-
proach to the receiuing of thy
precious bodie and bloud, stirre
vp in mee an vnfaigned desire of
this heavenly foode, that from
thee the bread of life, and foun-
taine of saluation, I may receiue vi-
talliuyce, to the quickening of my
soule. O most sweete bread, heale
thou my soule, that I may taste
the sweetnesse of thy loue: heale
my infirmities, that I may delight
onely in thee: let my heart eate
thee, and with thy sweet fauour
replenish the bowels of my soule.
O come into my heart, and purge
me

me from all my finnes: enter in-
to my soule, heale and sanctifie
mee within, and without. Grant
that I may alwayes worthily re-
ceiue this blessed Sacrament, and
memoriall of thy death, accor-
ding to thy holy ordinance, that
it may increase in mee all good-
nesse. Be thou the Buckler, and
perpetuall defence of my soule
and body, that I may come into
thy kingdome, where I shall be-
hold thee face to face : whither
Lord for thy mercies sake bring
me, Amen.

*A Thankesgiving after the
receiuing of the holy
Communion.*

O IESVS CHRIST which
hast vouchsafed spiritually to
giue mee these holy mysteries of
thy

thy body and bloud mortifie
whatsoever is euill in me, and gar-
nish me with thy graces, and ver-
tues: renew my spirit, my soule,
and my body, with thy excellent
grace. Frame me after thy owne
hearts desire, and graunt that I
may thinke, speake, doe and de-
sire all things that may please
thee. Purge my conscience from
dead workes, to serue thee the
living God. I thanke thee with
all reuerence of mind, for bidding
me a miserable sinner, vnto the
participation of thy holy Supper,
and the receiuing of all celestially
riches, whereby thou bestowest
on me particularly, all the merits
and good things which by thy
death thou hast purchased for me,
that I may be a partaker and fel-
low-heire of eternall blessednesse
O sacred Banquet, where my
soule

soule receiueth, such heavenly dainties to comfort the soule, and refresh the inward man: I humbly beseech thee by thy most sacred bloudshed for me, giue me grace that participating of this visible Sacrament I may finde, and feele in my heart, the invisible working of thy heavenly grace, that as this is some refreshing to my body, so it may be a spirituall medicine for my soule. Raise vp in mee by this blessed Sacrament, a continuall remembrance of thy bitter Passion. Make me retaine it in my mind, as a sufficient ransom of my Redemption, let me neuer doubt of the forgiuenesse of my sinnes: and as often as Sathan assaileth me with his deadly temptations giue me grace to rurne to this Sanctuary, as to a strong armour of defence: so that no tribulation-

bulation, anguish, nor persecution, nakednesse, perils, sword, life, or death, separate me from Christ my head, wherevpon being made fast by thy holy Sacrament receiued, I (as a living member) depend: and let mee know, that I am fed and nourished by thy flesh, and precious blood, that washed therewith, I giue no: my selfe, heereafter to carnall pleasures but liue in all sinceritie and truth, as it becommeth those that eate of the immaculate Paschall Lambe. And I beseech thee by thy bitter death, stirre vp my minde, that by often receiuing this thy holy institution, I may consider how bitter a death thou diddest suffer for mee, and how great thy loue was, that made thee to take so shamefull a death for the Redemption of mankind:

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glory
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mankinde : and continually, to
yeelde thee heartie thanks for
the same. O sweet Iesu, grant if
I sinne through frailtie, that I
may by and by come vnto thee
by repentance, and being by
this holy mysterie, fast linked vn-
to thee, I may receiue power and
strength from thee to resist sinne,
suffer mee not to be separated,
from thy Church, but grant that
I may be without fault, and com-
mit no sinne, but walke worthy
this Sacrament : renouncing the
deuill, all Idolatry, vices, and car-
nall desires. Let me not feare to
suffer and giue my life for the
glory of thy name, that I be ne-
uer separated from thee. Giue
me grace, that laying aside all
wrathfulnesse, maliciousnesse, and
envie, I may forgie every one
as thou hast forgiven mee. Giue

L

me

mee grace, that participating of
 the bread of eternall life, I may
 be replenished with the fruition
 of thy blessed sight, in thy cele-
 stiall Paradise for ever. And at
 my resurrection from death, ap-
 point mee a place; O mercifull
 Lord, at thy heavenly Table,
 where I may taste the new wine,
 in the kingdome of thy Father,
 abiding with thine elect Angels,
 and blessed Saints for evermore,
 Amen.

*A Prayer to make strong his faith,
 against temptation, and may
 be said by a sicke
 person.*

O Lord Iesu, the onely stay,
 and defence of my immor-
 tall state: my onely hope, and
 salvation: my glory, and my
triumph:

triumph: who in the flesh, (which for my sake thou tookest vpon thee) diddest suffer thy selfe to be tempted of Sathan, and who onely and alone diddest overcome and vanquish sinne, death, the world, the deuiell, and all the kingdome of hell for mee, and for my behalfe: and it is thy pleasure, that I should keepe battell with those evils, of purpose to reward mee, with a Crowne of glory for it. Giue mee I beseech thee, O Lyon, most victorious strength, against the roaring Lyon, which continually wandreth vp and downe, seeking whom he may deuoure, Thou being the Serpent that was nayled on high, the true giuer of health, giue vnto mee thy wisdom, to withstand the waicing of the most subtil serpent. Thou being a Lambe, as white as snow,

I. 2. the

the vanquisher of Sathans tyrannie, giue vnto mee, one of thy sheepe, the strength and vertue of thy spirit, that through thy force and valour, I may withstand and overcome all the assaults of the Devill, that my Ghostly enemy may not glory over me, but that I may conquer him through thee, and giue thanks vnto thee : which euer helpest those that trust in thee. My soule, O Lord, longeth for thy salvation, and I haue a good and sure hope therein, O when wilt thou comfort me a sinner that doe giue, and submit my selfe full and whole to thy most blessed will. I commit my selfe vnto thy mercie, therefore I know I shall not perish. I beseech thee most mercifull Lord Iesus Christ that thou wilt by thy grace, both now and ever, make
strong

strong my sou'e against all temptations, and couer and defend me with the buckler of thy mercies,, against all the assaults of the Devill I acknowledg, that in my selfe, there is no helpe of saluation, but the hope, trust, and confidence of my salvation, is in thy most mercifull goodnesse. I haue no goodnesse in me, but am full of euill, yet I trust, and faithfully belecue, that thou wilt make me good, forgive me my sinnes, and make me an inheritor of thine everlasting kingdome. O mercifull Lord, thou wast borne, thou diddest hunger and thirst, fast and pray, thou diddest suffer grievous paines, thou gauest thy most precious bodie to die. & thy blood to be shed for my sake : let these things O most mercifull Sauiour, saue mee : let thy blood

cleansc and wash the spottes and
foulenesse of my sinnes. : let thy
righteousnesse cover, and hide
my vnrighteousnesse : let thy
passion and bloud, be a satisfaci-
on for my sinnes. Take mee
O Lord vnto thee, and giue mee
thy grace, that my faith waver
not, but be ever firme, and con-
stant: that the hope of thy mer-
cie, and life everlasting never
decay in mee: that charitie waxe
not colde in mee, that the weak-
nesse of my flesh, bee not over-
come with the feare of death.

And vouchsafe, O Lord, to send
mee patience, and sufferance,
that I may stedfastly conti-
nue vnto the end: and
after liue with thee
in eternall glo-
ry, Amen.

(. . .)

A

A Prayer for a sicke person.

LAud, honour, and thanks be
given to thee most merci-
full Lord Iesus Christ, for thy
holy incarnation, thy paines and
bitter Passion. I know thou art
my Redeemer and Saviour, I be-
leeue thou hast overcome sinne,
death, hell, and the Devi'll, so as
they cannot hurt mee. On thee
doe I builde, in thee is my
trust and comfort. O Lord be
propitious, and mercifull vnto
mee, according to thy great mer-
cies. Leau me not, O Lord, in
distresse, but deliver me from all
euill : strengthen and conduct
my soule in the great journey
that it is to goe, and through thy
mercie, forgue me all my sinnes
and grant mee everlasting life.
I haue no merites, nor good
L4 workes,

workes, which I may alledge be
fore thee, but of evill deedes, and
sinnes I haue many : yet I trust
through thy mercy, to be among
the number of them that shall be
saved, to whom thou wilt not
impute their sins, but take them
to everlasting life. () most mer-
cifull God, which according to
the multitude of thy mercies,
dost put away the sinnes of those
which truly repent, that thou re-
membrest them no more, open
the eyes of mercy, and looke vp-
on mee thy sicke servant, and
pardon and forgiue me, I most
earnestly desire thee, all my sins,
renew in mee most loving Fa-
ther, whatsoever hath beene de-
cayed by sinne, by the fraud and
malice of the Deuill, or by my
owne carnall will, and frailtie,
preserue and continue me in the
vnitie

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vnitie of the Church : confide
my contrition, accept these my
prayers and teares, assuage my
paine, as shall be seene to thee
most expedient for mee : and for
that I put my full trust onely in
thy mercie, impute not vnto me
I beseech thee, my former sinnes
and offences, but pardon and
forgiue mee, and take mee into
thy favour, through the merits
of Iesus Christ. I beleue onely
in thee, and thy incomparable
mercy, and this faith, O Lord,
will I die in : keepe mee that I
shrinke not from thee, through
paine, smart, impatience, temp-
tation, or any thing else, but
strengthen and increase my faith,
that sinne, death, hell, and the
Deuill hurt me not, for thou art
stronger and mightier then they,
and in thee doe I trust. O pitifull

Ls.

Phy.

Physitian, and healer of soule and bodie, let mee not bee confounded in sinne, but vouchsafe to cast thy mercifull eyes vpon mee a poore and sinfull creature, who am bound and captiue with sicknesse: turne my weakenesse to thy glory, and my health and comfort: and grant that I may so long as I liue, with a true and perfect faith, fight manfully against all temptations, of sinne, the flesh, the world, and the Devill, and after this life raigne with thee in eternall glory, for ever, and ever, Amen.

A Prayer for a sinner, to bee said at the houre of death.

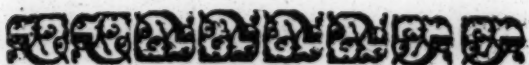
O Lord Iesus Christ, which art the onely health of all men living, and the everlasting life

life of them that die in thee : I
wretched sinner, doe submit my
selfe wholly vnto thy most bles-
sed will. And being sure that
the thing cannot perish, which
is committed vnto thy mercie
willingly now I leaue this fraile
and sinnefull flesh, in sure hope
thou wilt in better wise, restore
itto me againe at the latter day,
in the resurrection of the iust. I
beseech thee Lord Iesus Christ,
that thou wilt by grace make
strong my soule against all temp-
tations, and defend me with the
buckler of thy mercie against all
the assaults of the Devill. I see in
my selfe no hope of salvation,
but all my trust is in thy rich
mercie and goodnesse : I haue no
merit, which I may alledge be-
fore thee: of sinnes and euill deeds,
alas, I see a great heape, but I
trust

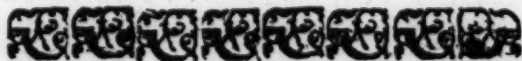
truſt through thy mercie, to bee
one of them that ſhall be ſaved,
and to whom thou wilt not im-
pute their finnes, but wilt ac-
cept and take me for juſt, and
make me an inheritour of ever-
laſting life. Thou gaueſt thy bo-
dy to die and thy blood to be ſhed
for my finnes: let that thy blood
cleanſe and waſh away all my
ſpottes, finnes, and offences, and
be a full ſatisfaction for all my
finnes. Let not my faith wauer,
but be firme and conſtant in thee,
and in the hope of thy mercie,
and life eueraſting: and let not
the weakeneſſe of my fleſh be o-
uercome with the feare of death
but grant O moſt mercifull Fa-
ther, that when death hath ſhut
vp the eyes of my bodie, my ſoule
may ſtill behold, and looke vpon
thee: and when death hath taken
away

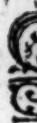
away the vse of my tongue, and
speech, my heart may cry and
say, O Lord, into thy hands I
giue and commend my soule : and
with thy holy Martyr *Stephen*,
I may behold thee in soule, and
say, Lord Iesus receiue my soule
vnto thee which livest and
raignest God euerlasting,
with the Father, and
the holy Ghost.

Amen.



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AN
EXHORTATION
TO FORSAKE
THE WORLD.

TAke (good Christian) the memory of death for thy perpetuall Pheere, and vnseparable Spouse. Let thy Children be bitter sighes of a sorrow full soule, possesse thy bodie as thy bondman, fasten thy friendship with the celestia!l powers, they will bee patrones vnto thee in thy finall passage: remember, yett are in the wayning, and the date of your pilgrimage is well neere expired, and now it behooveth

ueth you to looke toward your
Country: your force languisheth,
your senses impaire, your bodie
droopeth, and on euery side the
ruinous cottage of your faint and
feeble flesh, threatneth fall. And
hauing so many harbengers of
death, how can you but prepare
for so dreadfull a stranger? The
yong may die quickly, but the old
cannot liue long: the young mans
life by casualtie may be abridged,
but the old by no Physicke can be
preserued. Greene yeeres must
thinke of the Graue, and the
thoughts of old age should al-
waies dwell in the same. Be mind-
full of things passed, carefull of
things present, and provident for
things to come. Vse the priuiledge
of nature, to the benefit of your
soule; be wise in well-doing, and
watchfull for your end, serue not
the

the world, for it can giue you nothing that is good and permanent, but of pride, envie, lechery, hate, ire, malice, folly, & all euill things infinite, where man is defiled with sin, disquieted with troubles, oppressed with labors, vexed with temptations, overcome with vaine delights, and pleasures of the world, and miserably wrapped in many calamities. It is Ambassadour of the euill, a scourge of the good, a tyrant of the vertuous, a breaker of peace, a friend of warre, a sweet of vices, a gaule of vertues, a friend of lies, an inuenter of novelties, a travell to the ignorant, a hammer for the malicious, a table of gluttons, a fornace of concupiscence, a perill of the heart, a danger of the thoughts, a sepulcher of the dead, a prison of the living, a pit-fall to the rich, a burthen to the poore, a house.

house of *Pilgrims*, a den of theeuers
a slanderer of the good, a r. now-
ner of the wicked, a deceiver of al.
Wee haue no cause to loue the
world, for it gaue vs an unhappie
welcome, a hurtfull entertainment
and will abondon vs with an vn-
fortunate farewell. Also it doth
torment vs, expell vs, & consume
vs, and heaven doth comfort vs,
keep vs, exalt vs, rejoyce vs, and e-
ternally continue vs. You haue too
long sown in a field of flint, which
could bring forth nothing but a
crop of care, and affliction of spi-
rit, rewarding your labours with
remorse, and affording for your
gaine eternall damage: it is time
to leaue so vnthriving a husban-
drie, and to sow in Gods field
the seede; of repentant sorrow,
and water them with the teares of
humble contrition, so shall you
reape

reape a more beneficiall haruest,
and gather the fruits of everlasting
comfort. Thinke your spring is
spent, your summer overpast: you
are arrived at the fall of the leafe,
and Winter colours have stained
your hoarie head. Though our
loving Lord beare long with of-
fenders yet he will scourge them,
and his patience is only to lend us
respit to repent, not leisure to sin.
Hee that is tossed with many
stormes, and cannot come to his
desired port, maketh little away,
but is much turmoiled: so he that
passeth many yeares, and purcha-
seth small profit, hath a long be-
ing, but a short life. For life is
more to be measured by vertuous
actions, then number of dayes.
Some men by many dayes pro-
cure many deathes, and others, in
a short space attaine life everla-
sting.

sting. What is the bodie without the soule, but a corrupt Carcase? and what is the soule without God, but a sepulcher of sin? Man was made and sent hither, to no other purpose, but onely to serue God in this life, and to enioy heaven, and life everlasting in the world to come. If our end be the kingdome of heaven, why affect we so much the earth? If we were made for God, why seeke we greedily the favour of worldly men? If our creation be eternall salvation, why follow we vanities, and temporalities of this life? If our inheritance be to raigne as Kings in heaven, why doe we like *Esau*, sell away our birth-right for vanities, before we haue it & why? liue we like servile slaues, in danger to be diuided from God & his Angels, from our Saviour Christ, and the

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communion of Saints from hope
of our inheritance, our celestially
portion, and life everlasting? If
God be the way, the life, and the
truth: he that goeth without him
strayeth, hee that liveth without
him dieth, & he that is not taught
by him erreth: God is our true
and chiefe life, from whom the
revolting is falling, vnto whom
the returning is rising, in whom
the staying is sure standing. God
is he, from whom to depart, is to
die, to whom to repaire, is to re-
vive, in whom to dwell, is to live.
Be not you like those, that begin
not to live, till they be ready to
die, and then after a foes desert,
come to craue of God a friends
entertainment, not in time loo-
king for their salvation, but living
like the three worldly fooles, the
covetous, as he in the Gospel, who
had

had layd up for many yeares, and that night had his soule taken from him; the voluptuous, as *Sardanapalus*, who perished in the midst of his pleasures: the proud or fantastickall, whom the Deuill over-commeth, either with vaine delights, or pride in themselves, who disdaines his superiours, because they are better then himselfe, his equals, because hee is as good as they; his inferiours, because they are not so good as himselfe. Some thinke to snatch heaven in a moment, which the best scarce attained in many yeares, and when they haue glutted themselves with worldly delights, they would jump from *Dines* his dyet to *Lazarus* crowne, and from the service of Sathan, to the solace of a Saint. But be sure that God is not so penurious of friends, or his
ki g

kingdome saleable for the refuse
and reversion of their liues, who
haue sacrificed the principall
thereof to his enemies, and their
owne brutish appetites, then one-
ly ceasing to sinne, when ability of
offending is taken from them:
what thanke is it to pardon our e-
nemies, when wee cannot hurt
them? To giue away our goods,
when we can keepe them no lon-
ger? To abandon our pleasures,
when we can vse them no more?
To forsake sinne, when sin leaveth
vs? God may be mercifull at the
last gaspe, but miserable is that
man, that layeth the Anchor of
his eternall wealth, or woe, vpon
so vncertaine a point.

The Theefe may be saved on
the crosse, and mercy found at the
last, yet it is scarce credible, that
his death should finde fauour,
whose

whose life earned wrath or that his repentance should be accepted, that more for feare of hell, and loue of himselfe, then for loue of God, or loathsome nesse of sinne, cryeth for mercie: wherefore make no delay, but being neare the breaking vp of your mortall house, before extremitie, take time to satisfie Gods iustice. Though you suffered the bud to bee blasted, the flower to fade, the fruit to perish, the leaues to dry vp, the boughes to wither, and the bodie of the tree to grow to decay, yet keepe life in the roote, for feare lest the whole become fuell for hell fire, for where the tree falleth, there it lieth, and such sappe as it bringeth, such fruit shall it beare. Imagine that death hath filed from you the better part of your naturall

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all forces, and left you the lees of
your dying dayes: Therefore ran-
some your former losses. You are
impathed in your small voyage,
and are not far from the period of
your course, be not therefore dis-
purveyed of such things as are
needfull in so perillous a journey
Men in this life labour much to
get worldly things, they doe
carefully beginne them, well pro-
secute them, and effectually end
them: But of the great assayre of
winning heavē or falling into hell
there is had no respect; Neither
doe they remember, that there is a
hell for sinners, a heaven for good
livers, a dreadful day of judgment
and a most strait account to bee
made, death it selfe is very feare-
full, but much more terrible in re-
gard of the iudgment wherunto it
summoneth vs. If you wer claid on

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your

your departing bed, wearied and worne with dolor and paine, burdened with the heaue load of your former trespasses, goared with the pricke and sting of a festred Conscience: If you felt the force of death wresting your heart strings, readie to make the rufull divorce between body and soule: If you lay panting for breath: sweating a fatall, faint, and mortall sweate, wearied with struggling against deadly pangs. O how much would you giue for a dayes contrition, or an houres repentance? Then worlds would bee worthlesse in respect of a little respite. Nothing would be so much esteemed as a trice of time, which now by monthes and yeares is lavishly misspent. O how deeply would it wound your hearts, when looking backe into your
life,

life, you found many faults committed, and not repented, many good deedes omitted, & not recovered, your service to God promised, and not performed. How inconsoleable were your case, your friends being fled, your senses frightened, your thoughts amazed, your memory decayed, your minde agast, and no part able to performe that it should, but onely your guiltie Conscience pestered with sinne, that would continually accuse you? what would you doe when stripped out of mortall weede, and turned out of service and house-rome of this VWorld, you were forced to enter into vncouth and strange pathes, and with vnknowne and ougly company, to be conuented before a most severe Iudge, carrying in your owne Conscience, your in-

ditement readie written, and a perfect Register of all your misdeedes, when you should see our Saviour Christ, (a just and severe Judge, whose knowledge is infallible, his power infrangible, his justice inflexible,) (of exceeding dreadfull Majestie, cloathed in linnen apparell, through which his bodie shineth like precious stones, his eyes like burning Lampes, his face like flashing lightening, his armes and legs like enflamed brasse, his voyce as the shout of a multitude of people) prepared for your idle words, evill deedes, time mis-pent, Talent evill governed, and for your sinne committed, to passe the sentence vpon you, against whom you had transgressed, and he your vmpire, whom by many offences you had made your enemie, when you shall

shall see all things cry for vengeance against you, all things yeeld you cause to feare and horror. Aboue you the Iudge offended with you for your wickednesse and offences: Beneath you, Hell open, and the cruell Fornace readie to receiue you: On your right hand, your sinnes accusing you: On your left hand the devils standing readie to execute Gods everlasting sentence vpon you: Within you, your conscience accusing, Without you, damned soules bewayling on every side the World burning, and you, stand as a most desperate, forlorne, and miserable wretch, to receiue the fearefull and irrecoverable sentence: when not onely the devills, but also the Angels shall pleade against you, and your selfe mauger your selfe,

selfe, be your sharpest appeacher:
What would you doe in these
dreadfull exigents, when you saw
the gastly Dungeon and huge
gulf of Hell, breaking out with
most fearefull flames? When you
saw the weeping and gnashing of
teeth, the rage of these hellish
monsters, the horror of the place,
the rigour of the paine; the ter-
ror of the company, and the eter-
nitie of all these punishments;
where the fire is vnquencheable,
the paines vnsupportable, ease-
lesse, endlesse, and hopelesse. Our
fire may be endured, that is in-
tolerable; Ours is for comfort,
that for torment; Ours must be
fed or it goeth out, that burneth
continually without feeding. Ours
giveth light, that none: Ours
consumeth the matter, and en-
deth the paine, that tormenteth,
but

but never conſumeth, to make
the paine perpetuall : Our fire
will be extinguished with water,
or cooled with ayre, but nothing
can extinct it, abate it, or qualifie
it : ours is but painted in regard of
that. There idle persons shall bee
pricked with burning Forkes :
Gluttons tormented with hunger
and thirst : Epicures and Volup-
tuous persons shall boyle in bur-
ning pitch, and stinking brim-
stone : The proud shall haue
shame, the covetous miserable
penury, where there is no rest nor
comfort : The poore and meeke
shall triumph, & the proud shake,
then shall the wicked sigh, and
the memory of misery bee sweete :
The godly shall rejoyce ; the re-
probate houle : Then shall base
apparell be glorious, and proud
attire infamous : the poore cot-

tage shall bee more commended than the gilded Palace prayſed, ſimple obedience ſhall bee better than ſubtiltie, and a cleare conſcience more pleaſant than profound Philoſophie, zealous prayer ſhall be more worth than fine tales, good workes more accepted than ſweete words. Would you then thinke them wiſe that delay ſo weightie matters, and idly play away the time allotted to prevent theſe intolerable calamities, would you then account it ſecure to nurſe in your boſome ſo many Serpents as ſinnes, or to foſter in your ſoule ſo many malicious accuſers, as mortall faults? would you not think one life too little to make repentance for ſo many iniquities the leaſt whereof is enough to caſt you into everlaſting and vnſpeakable

able torments. On your body you ſhall experience thoſe deadly agonies, in your ſoule you ſhall finde thoſe terrible feares, and in that preſent eſtate the deepeſt danger, if you doe not the ſooner returne vnto God. Then devote the remnant of your dayes to make an attonement with God, and to free your conſcience from ſuch corruption, as by ſinne you are fallen into. What haue you gotten by being ſo long a customer vnto the World, but falſe ware ſutable to ſuch a Marchants Shop, whoſe traffique is toyle, wealth traſh, and gaine miſerable. What intereſt haue you reaped, that may equall your detriments in grace and vertue, Or what in a vale of teares can you finde parageable to the favour of God. Let not youthfull paſſions delude

you, for time tries them follies:
Let not feare mis-leade you, for
there is more cause to feare God
than man, and to stand in awe
more of perpetuall then tempo-
rall punishments. Who would
relie eternall affaires vpon the
gliding slipperinesse of uncertaine
life? O who but one of distem-
pered wit would offer fraud to
the discipherer of all thoughts;
with whom wee may dissemble
to our cost, but to deceiue him it
is impossible? Will you account
it cunning to rob the time from
him, (and bestow it vpon his e-
nemies) who keepeth tale of the
least minutes of our life, and will
examine in the end, how each mo-
ment hath beene employed? It is
preposterous policie to fight a-
gainst God, vntill our weapons
be blunted, our forces consumed,

our

our limmes impotent, our best
spent, and when we are faine for
faintnesse, and fought our selues
almost dead, to presume of his
mercy, whom we haue so much
offended. It were a strange and
exorbitant course, while the Ship
is sound, the Pilot well, the Sailers
strong, the gale favourable, and
the Sea calme, to lie idle at rode,
loosing so seasonable weather,
and when the Ship leaketh, the
Pilot sicke, the Mariners faint,
the stormes boysterous, and the
Sea turmoyled with outragious
surges, then to lanch forth, hoyst
sayle, and set out for a farre
voyage; such are our evening re-
penters, who in the soundnesse of
health, and perfect vse of reason,
cannot resolue to cut the Cables,
and weigh the Anchors, that
hold them from God, but when
their

their senses are astonied, their wits distracted, their vnderstanding dilled, and both body and minde tormented with gripes of mortall sicknesse, then will they thinke on these waightiest matters, and become suddaine Saints, that are scarce like reasonable creatures. How can one animated with inward garboiles of vnsettled Conscience, distained with fits of dying flesh, maimed in all his habilities, and circled with so many strange incumbrances, be fit to dispose of his cheifest Jewell his soule, & to dispatch the whole mannage of all eternitie and treasure of heauen, in so short a spurt? They that will loyter in seede-time and begin to sow when others reape; Thy that will ryot in health, and cast their accounts when they cannot speake: they
that

that will sleepe in the day; and journey in the night, let them blame their owne folly, if they die in debt, and fall headlong into eternall perdition.

Let the griefe of the sore be the measure of your sorrow. Let a deepe wound haue a diligent cure let their contrition bee according to their crime, and their repentance like their sins. We must passe the day in mourning, the night in watching & weeping, our whole time in dole-full lamenting, fall prostrate on the ground, humbling our selues in sackecloth and ashes. Not every short sigh will bee a sufficient satisfaction, not every knocke a warrant to get in: many cry, Lord, Lord, and are not accepted, The foolish Virgins knocked, but were not admitted: *Judas* had sorrow, yet dyed desperate

desperate. Linger not off thy conversion from day to day, for suddenly will his wrath come and destroy thee. Let no man sojourne long in sinfull securitie, nor put over his repentance, till feare inforce him to it. Let vs frame our beginning, as we meane to end, and endeavour to liue, as wee desire to die. Shall wee offer the maine crop to the Diuell, and leaue God the gleaning? Shall we gorge the Devill, with our fairest fruits, and turne God to feed on the scraps of his leavings? If Hell fire were prepared for the Devill, and the Kingdome of heaven for man, let vs then provide for our selues, and not loose our inheritance by persisting in sinne. So long as we liue, it is possible by vnfeined repentance to wash away all our sins, how great soever, but when

we

we are dead, albeit our teeth doe gnash, our mouthes cry out, our eyes gush forth teares, and our hearts from the very bottome of our hearts, lament with innumerable complaints, it shall not a vaile vs, no man shall heare vs, no man shall assist vs, nor so much as comfort vs, then shalt thou find, that thou hast lost all thy labour and time, and all opportunitie of thine owne commoditie: Thou shalt then find thy error vnrecoverable, thy punishments vnsupportable, thy repentance vnprofitable, and, thy griefe, sorrow, and calamitie inconsolable,

O! that we would suffer the soule (as shee should) to haue the soveraigntie, and the bodie follow the sway of her directions, and not let servile senses, and lawlesse appetites rule her as superiors, & make
her

her a Vassall in her owne Domr-
nions, not suffer her to be mis-led
by her three Sutors? the world
which promisseth all faire things,
and beautifull, but will serue you
as *Laban* did *Iacob*, who promised
him faire *Rachel* for his service,
but deceived him with bleere-eyd
Leah: The flesh who pretendeth
nothing but loue vnto her, but if
it overcome her it will betray her
to her enemy, as *Dalila* did *Samp-
son* vnto the *Philistians*: the Devill
who wil promise her all the world
as he did *Christ*, but if he win her,
he will deuoure and torment her;
Doeſt thou not desire to haue all
things good, as good Houses,
good Furniture, good Apparell,
good Fare, good Cattell? Yea, and
thy Huse and Shooes good? One-
ly thy poore Soule, thy principall
charge (and of all things worthy

to bee the best) thou art content
shall be the worst and liecankering
and rusting in all kinde of evils. O
vnspeakable blindnesse, that refuse
to weare an euill shooe, and do not
care to carry an ougly and deformed
soule: alas! let vs not set so little
by that which God prizeth so
much, nor rate our soules at so base
a penni-worth, being of so peere-
lesse dignitie.

If the Soule bee so inestimable,
that not all the gold and treasure,
nor any thing of lesse price than
the bloud and life of Almighty
God was able to buy it: If not all
the dainties that heaven and earth
could affoord, but onely Gods
owne precious bodie was deemed
a repast fit to feede it: If not all
the creatures of this, or millions
of new Worlds if they were, but
onely the illimitable goodnesse
and

and Majestic of God, can satisfie the desire, or fill the compasse and capacitie of it (for who is so insensible, that findeth not the insatietie of his soule) who but of perverse will, incredulous minde, or pittilesse spirit, would set more by the World, than his Soules health, or suffer so noble a Paragon, so many moneths and yeares, to lie channelled in ordure, and myred in all sinne: We will seeke a Physition for our sicke servant, haue a Leach for our diseased Horse, and amend our torne garment, and we suffer our soules to die for want of cure, and seeing it mangled with many vices, never seeke to restore it to the wonted integritie. Is our servant more neere, our beast more precious, or our coate more deare then our owne Soule? We liue like Epicures, we
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sinne like Atheists, we struggle
and strive against Gods callings,
and like violent Rebels, scorne
his Commandements. And with
daily and damnable wounds, bar-
barously stabbe our vnfortunate
soules: This we account no con-
tumely, we reckon it no discredit,
but rather register it for our chei-
fest prayse, How long will you
thus follow vanities and sins, run-
ning carelessly and wilfully vnto
your owne ruine? Dare you not
suffer a Spider, or a Toad to come
neere you, and can you nestle in
your soule so many vipers as vi-
ces, and permit it to be so long
chewed, & wearied with the poi-
soned jawes and tuskes of the
devill? Is our soule so vaine a
substanceto be had in so little e-
steeme? did Christ become a
wandring Pilgrim, exiling him-
selfe.

selfe from the comfort of his God-head, and passing thirtie three yeares in pain and penury for our soules: hee suffered the tragedy of his Passion bloudily inflicted, & patiently accepted, he made his bodie as a cloud to dissolve into showers of innocent blood, and suffered the dearest veynes of his heart to be launced, to give a full price for our soules redemption. If Christ did redeeme vs with so excessive a rancome, why sell we our soules to the Devill for every vaine delight, and silly pittance of worldly pelfe: O that a creature of so incomparable a price, should be in the demaine of so vnnaturall Keepers: and that which is in it selfe so gracious, and amiable, that the Angels and Saints delight to behold it should by sinne be made so lothsome, as to become a hor-
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horror to Heaven, and a suitly
Pheere for the fowlest fiends?
We must remember our soule is
not onely a part of vs, & the most
principall, but also the Temple
the Paradise, and Spouse of Al-
mightie God, by him in Baptisme
garnished, stored, and endowed
with most gracious ornaments,
How wil he take it to see his tem-
ple prophaned, and turned to a
den of devils? His Paradise dis-
planted, and made a wildernesse
of Serpents? his Spouse defloured
and become an adultresse to his
enemies; durst we offer such v-
sage to our princes; would not
the feare of the Law and popular
shame keepe vs from it; And shall
not the reverend Majestie of Al-
mightie God, and the vnrebated
justice of his angry sword terrifie
vs from offering the like to his

owne

owne Spouse: VVill he that keepeth account of our very haire, see himselfe so much wronged in the principall, and passe it vnpunished? Remember it is a thing full of horreur, to fall into the hands of God, who is able to crush the proud spirits of the obstinate, and make his enemies his foote-stoole. VVrestle not against the cryes of your owne Conscience, but liue so as he may willingly goe with you, and before the Throne* of God answere for you.

There was a man had three friends, two whereof he loved most intirely, the third he made no great account of: this man being sent for to come before his King, came and desired his first friend to goe with him, but he would not goe with him, but brought

brought him part of his way : He went to the second friend, and desired him to goe with him, but he could not, but gaue him something for a remembrance: he went unto the third friend, of whom he made no account or reckoning, and he went with him to the King, and answered for him in all matters whatſoeuer,

So man in this world being sent for by Death, comes to his Wife, Children, or Friends, to goe with him, but they will not, but bring him to his graue : Then he desires his Goods and Substance to goe along with him; they cannot, yet they giue him a sheete : But his Conscience will goe with him, and answer for him before the throne of God. Haue therefore a care to keepe a good Conscience, and provide afore-hand, as this King
of

of whom I tell you did.

There was a Countrey, where the Commons chose their King, and againe at their pleasure banished him into a farre Countrey almost naked, One (more wiser then others) as soone as he was chosen King, he sent daily and continually something into the other Countrey, so when his owne people did banish him from them, he was (having made a good preparation before) most princely and royally receiued there,

So let vs provide in this world that we may be joyfully received into heaven: If you would avoid vaine pleasures, cast away worldly cares, thinke on celestiall things, regard your saluation, and now in lifelay vptreasure in heaven, and provide to be received into everlasting ioy: what a quiet conscience

science should you haue? What a
joy should you feele in your soule?
Set then your minde on God, ac-
count your selfe a Pilgrime on
earth, leaue the affaires of the
World, for this is no abiding
place. For small wages men run
farre, for little money men shame-
fully contend, and wearie them-
selves night and day, & for meane
profit labour long: But for eter-
nall life, goods immutable, re-
ward inestimable, honour endles,
and immortall glory, few will take
any paines, or step out of doores,
God is the way inuolable, where-
in we must walke, the truth vnfal-
libile, whereunto wee must trust,
and the life euerlasting, whereun-
to wee must hope, therefore em-
brace mercy before the time of ri-
gor, and returne by repentance,
least he barre you his Kingdome,

N

you

you haue beene too long in the
Tabernacle of sinners, and strayed
too farre from the folde of Gods
flocke, turne the bias of your heart
to the Cittie of Refuge, and your
Salvation, recompence your steps
trodden in Folly, with a zealous
progress to Christian profession;
your Spring-tyde is false, the
streame of your life runneth at a
low Ebbe, your tired ship begins
to leake, and grate on the gravell
of your graue, it is high time to
strike sayle, and put into harbour
least some suddaine gust, and the
wicked Weather of this time dash
you on the Rockes of eternall ru-
ine, tender the pittifull estate of
your owne soule, and be hereafter
fearefull of Hell, and more eager
of heaven than of worldly repose.
I must conclude, unless I bee too
tedious, in a matter that deserues to
be

be endlesse, for the miserie of the soule is so great if it fall, the reward is so excessiue, if it stand, the enemies so malicious that assaule it, the Iudge so just that must proceede vpon it, that to raise it from the lapse, and to preserue it from reciduation, no number of helpes can be more than needfull, nor any perswasion more vehement then necessary.

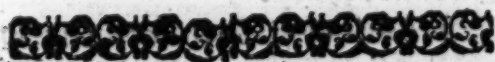
Howseuer therefore the soft gale of your morning pleasure, lulled you in slumbering fits: how soeuer the violent heate of noone, might stirre vp your affections, yet in the coole and calme of the evening retire to a Christian rest, and close vp the day of your life, with a cleare Sun-set, that leaving all darkenesse behinde you, and carrying in your Conscience, the

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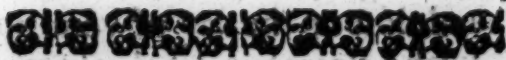
light

280 *An exhortation to, &c.*

light of grace, you may escape the
horror of an eternall night, and
passe from a mortall day, to an
everlasting morrow, which
the Lord grant for
Iesus Christ his
sake, A-
men.



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A Perswasion not to feare Death.



AN was made to die, begotten to die, borne to die, and came into the world to die, and none ought to desire to liue, Nothing is more sure than Death, nothing more vncertaine than when, where, or how : None haue reason to regard the World, wherin we haue nothing good and permanent, but a vale of vanitie, and vexation of minde? *Quia nemo sua sorte contentus*) no man is content with his owne estate. It is a vitall la.

byrinth, and confused Chaos, affording vs nothing but fraud, folly and fleshly sensualitie, All things in it offend us : the Fire burnes us, the water drownes us, the Heate grieues us ; the Cold hurts us, the day is toyle some, the night uncomfortable, and we can endure no dolorous thing, so the time we liue in this world, cannot be accounted life, but a liuing Death. Our wretched remaining here is such, that our time daily diminisheth, and our trouble encreaseth. All that haue bin borne are borne, or shall be borne, are in this life miserable, all crost with Cares, some with losse of friends some of Children, some of Goods some oppressed with Foes, some abused with Back-biters, and Slanderers, their credit blemished their reputation scandalized, and substance

substance consumed, and there is none but are with something disturbed. There is no calling so holy nor place so solitarie, but you shall there finde troubles to trie you: and aduersitie to disquiet you. So there is no man from the King in his Throne, to the Captiue in Chaines, but doth taste of misery, and many discontents, Who therefore (to free himselfe from worldly sorrowes) would feare, but rather desire Death, which makes vs happie, for thereby wee auoyde the intollerable troubles on the Earth, and enjoy perpetuall blisse in heaven. Since then Death is the end of miserie, who would desire to liue ever in labours and perils? Death is nothing but a severing of the soule from the bodie: and freeing it from the ser vile bonds of the

vaine flesh, and remooving vs
from euill to good. Death is but
the passing from this vale of teares
to the place of all happy beatitude
in the celestiaall mansion, accom-
panied with holy Saints and hea-
uenly associates it is no loosing,
but a changing of a bad place for a
better: Which euery one ought to
desire.

Priamus was blest with the King-
dome of the famous Citty of *Troy*
a good Wife and fiftie Children,
and had what joyes might be de-
sired, yet hee saw his Wife and
Children slaine, his Citty sacked,
and himselfe was killed at *Iones*
Altar, how happy had he beene if
he had dyed before those dayes:
for in lieu of worldly troubles, he
had reaped eternall glory! Good
men should imitate the *Swanne*,
Apolloes bird, which in the world
euer

euere mourneth, but when it is
readie to die (as knowing the
goodnesse of Death) it singeth. As
in sleepe our bodie is free from
labour: so our Soule by Death is
deliuered from all dolours. It is
therefore good to die, but many
dolefull dayes doe wee endure
before we finde that happy houre
wherein we shal enioy all Perpe-
tuall pleasures. Wise men should
not feare Death: for nothing is
better than Death: no life can be
long, and it is often by casualtie
abridged. What more pleasing
thing can there be than Death: It
doth wholly disburthen vs of all
care, all griefe, all sollicitude, all
sorrow, and freeth vs from all
vexation whatsoeuer. The dead
rest in a sure Hauen, and we li-
uing, saile in a raging Sea. The
good dieth not, but liueth, and

the euill living dyeth, and as the
Heathen Philosophers sayd, All
those that liue purely and justly.
and not contaminate themselves
with sinne, are either made Gods,
or goe easily to the Gods. The
dead haue rest in heauen, and we
with the living haue paine and
trouble in the World. It is there-
fore a joy to die, to bee deliuered
from the thraldome of this sor-
rowfull life, for they haue all the
pleasures may be inuented, that
are out of this woefull world. Be-
ing here we must die, and being
in heauen, we liue eternally, there
is no paine but pleasure, no sor-
row but solace, no fighting, but
singing, no feare of death, but
sure of euerlasting life, ever en-
joying such inestimable joyes, as
no eye hath scene, nor eare heard,
or heart comprehended. In this
life

life we know not what glory me^a
neth, and after Death, we shall
not know what paines are. God
knowes those that serve Him,
those that offend Him, those that
loue Him, those that hate Him,
those that prayse Him, those that
blaspheme Him, those that thank
Him, those that are vnthankfull:
And is better pleased with obedi-
ence than Sacrifice. There is no-
thing so good as the end of this
life, for Death is the true refuge,
the perfect health, the sure haven,
the full victorie, and finall finish-
ing of all terrestriall troubles. It
is a thing inheritable, an eternall
sleepe, a dissolution of the bodie,
a terror of the rich, a desire of the
poore, a Pilgrimage vncertaine,
a Theefe of men, a shadow of life,
a Sepulcher of the living, a com-
panion of the dead, a dissolution
of

of all, the rest of trauels, the end
 of idle desires and vaine delights,
 the scourge of euill, the reward
 of the good, the finall end of all
 flesh, of all those infinite numbers
 that are dead, none ever retur-
 ned to complaine of Death,
 and of those few that liue, most
 complaine of life. There is no
 King, Prince, Poore, Sicke, or
 Whole, nor any Vocation con-
 tented but the dead in their
 Graues are in peace and rest;
 and though wee haue sorrow
 and vexation in Life, yet we shall
 haue ioy and Consolation after
 Death.

Ohappy are they that die well
 for it is lesse euill to suffer a speedy
 Death then endure a discontented
 Life. For by death wee are fre-
 ed from mundane trauels, and
 enioy heavenly pleasures. There

is nothing in this life worthy of
loue, nor any thing in Death we
need to feare; As all things before
the first day were Eternall, with-
out day or yeare, so all things shall
be eternall after the judgement; as
we had nothing before our birth,
so we shall possesse nothing after
our Death: What blindness is it
then to loue any thing in this life,
seeing we can carry nothing with
vs at our death: *Callimachus* liuing
in all delights, and reading *Platoes*
Booke against Death, cast him-
selfe into the Sea, *Cireneo* read
such Lessons to despise death, that
many of his hearers (being Hea-
thens) killed themselves. *Dioge-
nes* desired to die, but cared not
for buriall. *Lampsacus* dying was
demanded where hee would be
buried he answered, where they
would: for the way to heauen was

euery where. *Thezaminus* died with a worthy minde, for being commanded to Death, by the thirtie Tyrants; he tooke the poisoned Cup, and thirstingly drunke it off, and then laughing at them, for so pleasuring him, sayd, they made him haypy by putting him to Death; With the like minde died the worthy *Gracckus*. So died the famous *Spartane*, and greatly reioyced he should be disolued from the bondage of the World. When it was told *Lucia* his sonne was flaine at the warres. he reioycing, said, to that purpose I begot him. The like answer made the *Roman Matron* when shee heard her sonnes were flaine shee not sorrowing said, I am glad I bore them to die soworthily for their Countrey.

Cresphonsus ranne to his Death

to.

to deliuer his Countrey; *Curtius* leapt into the gulfe to preserue *Rome*, *Scavola* lost his hand to saue the Citie; *Menechmus* killed himselfe, to free his natie soile, so did *Harmitus*, *Codrus*, *Aristogiton*, *Epaminondas*, and diuers others. The Temple at *Delphos*, where the Oracle of *Apollo* was, for want of reparations'ell downe to the ground, then *Triphon* and *Agamede*, two noble personages of *Greece*, wise, and rich, as well with the labour of their persons, as great expence of their goods, built the Temple againe. When it was fully finished, *Apollo* sayd to them, he well remembred their good service, and willed them to demand any thing in reward thereof and it should bee granted: they sayd, miserable man hath not power to eschew
the

the euill, or chuse the good, and therefore they desired him to giue them the best thing might begiuento man: and most profitable for man: *Appollo* sayd they should haue their demands, then they at the Gates of the Temple fell downe dead; so the reward of their trauels wasto take them out of the misery of this life. Saint E D V V A R D, King of *England*, much reuerenced Saint *Iohn*, and one day comming from *Westminster*, from seruice, a poore man came to him, and desired him for Saint *Iohns* sake, to giue him something, the King gaue to him his Ring off his finger, with in few dayes after, two Pilgrimes comming from *Ierusalem*, within two miles of it, met a poore man who asked them what Country men they were, the sayd Englishmen,

lishmen, hee then said to them when you come home, I pray you tell King EDVVARD, that Saint *John* doth thanke him for the Ring hee gaue for his sake, and gaue them a Ring, and desired them to deliver it vnto the King, and tell him, that Saint *John* sent it him, and the richest gift that could bee given to man, that is, the twelfth day after the receipt thereof he should be in heaven; the Pilgrims receiued the Ring, and departed: by and by they were so heauie they were inforced to lie downe and sleepe, when as they awaked, they found themselues in another Country, and demanding of a Shepheard where they were, found they were in *Kent* in *England*, then they went to the King, being Christmas Euen, and deliuered the King the Ring, and

and the message, which the King
receiued, fell sicke on Saint *Iohn*
day, and died on twelfth day.
The *Greekes* had a custome, that
whenthey offered any Sacrifice,
the Priests and Officers of the
Temple were carried, for if their
feete touched the ground, they
might not offer Sacrifice. It chan-
ced that a holy Nun, of the God-
desse *Inno*, going in her Chariot
to the Temple, the Beasts that
drew it died, when she was ten
miles from the Temple, which
hertwo Sonnes *Cleobis* and *Biton*
seeing, and knowing that their
Mother must not goe on foote,
& that there were no other beasts
to be gotten, yoked themselues
and drew the Chariot, with their
Mother to the Temple; euery one
praised them greatly for it, and
sayd, they deserved to be recom-
penced

penced with great rewards. After the Feast ended, their Mother desiring to requite their kindnesse, with teares besought the goddesse *Iuno*, to giue her Children the best gifts the Gods could giue to their Friends, which the Goddesse promised she would doe before the next morning : They going to sleepe at night, were the next morning both found dead, then their mother bitterly wept, and complained of the Goddesse ; the Goddesse sayd, shee had no cause to complaine, for shee had giuen her that shee did demaund, and I haue at thy instance giuen thy Children. (quoth shee) that which wee hold most deare which is Death : For the greatest reuenge wee take of our enemies, is to let them liue long, and the best thing wee can giue to our friends

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friends, is to make them die quickly. For all of us together taught King Midas, *Optimum est homini, aut non omnino nasci, aut quam primum mori*. It is the best thing for man, either never to be borne, or die very soone. We are here strangers, and inclosed as prisoners in a Castle, but by death we shall be freely delivered from thraldome, and goe to our owne Countrey. Seeing then death is the best thing that can be given to man; let us haue a care to craue it, and liue godly and vertuously, that we may joyfully haue it, to free us from this place of imprisonment, and seate us in our everlasting and heavenly Habitation: whither good Lord bring us all, Amen.

(* * *)



F I N I S



LONDON,
Printed by *Mary Dawson*, for
A. V. and are to be sold by
Richard Thrale, at *Pauls-*
gate at the signe of the
Crosse - keyes.

1635.





